

Measuring Blood Pressure with an automatic machine

To make sure that the readings are as accurate as possible:

- Please sit for at least 5 minutes before taking readings
- Take 2 readings at least a minute apart
- Take readings in the morning and the evening

Fill in the form opposite with the results.

When calculating the average please do not include the readings on the first day.

When you have completed the form please add up the total and divide by 16 to get the average of the systolic and diastolic readings.

You can then book a phone call or surgery appointment with the doctor or nurse, or alternatively you can submit your readings to us on www.burfordsurgery.co.uk/bp.php

Day		Systolic	Diastolic
1	am	Do not include in average	
	pm		
2	am	Do not include in average	
	pm		
3	am		
	pm		
4	am		
	pm		
5	am		
	pm		
Total			
Average			