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| JUBILEE HOME BLOOD PRESSURE CHART |
| Name: | Date of birth: |
|  Date readings recorded: |  Weight: Smoker: Y N Ex Smoker |
| * Measure from the upper arm using an accurate device. It is very important that your arm is supported on a table, with a small cushion if necessary and that the cuff around your arm is at the same level as your heart.
* Take your blood pressure a quiet place whilst seated, wearing short sleeved or loose fitting clothing with your arm and back supported, legs uncrossed and whilst you are not talking -talking and crossed legs increase blood pressure.
* Always use the same arm.
* Take **two consecutive readings**, at least a minute apart, morning and evening for 7 days recording the **lower of the two readings** onto the BP log sheet. If you need to, write any useful comments in the box provided.
* Once you have completed 7 days of measurements and added your name and date of birth, please hand to your doctor or reception.
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|  |  | SYSTOLIC(Upper number) | DIASTOLIC(lower number) |  | SYSTOLIC(Upper number) | DIASTOLIC(lower number) | COMMENTS |
| 1 | AM |  |  | PM |  |  |  |
| 2 | AM |  |  | PM |  |  |  |
| 3 | AM |  |  | PM |  |  |  |
| 4 | AM |  |  | PM |  |  |  |
| 5 | AM |  |  | PM |  |  |  |
| 6 | AM |  |  | PM |  |  |  |
| 7 | AM |  |  | PM |  |  |  |
| AVERAGE | AM |  |  | PM |  |  |  |

