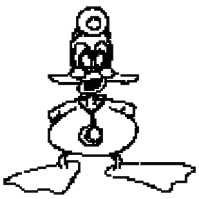

Quacks on Bamford

DR KYM DANIELL AND DR MAGGIE MACKAY

Home Blood Pressure Monitoring
Patient Recording Sheet

IMPORTANT:

☞ **Make sure your name on this sheet before returning it.**

☞ **Recording your Blood Pressure**

Record your blood pressure 3 or 4 times a day, for 6 consecutive days. A few readings taken at the same time on consecutive days is useful to compare days, and a number of readings taken at different times over each day helps to see the pattern of changes through the day. Please include any relevant comments next to each reading—for example "bad day at work", "3 beers last night" or "started new tablets today" would all be important comments. Your doctor may want you to take your readings at specific times or a different number of times a day so if you are given different instructions, then follow the specific instructions.

☞ **Blood Pressure Machines Loaned From The Surgery**

Blood pressure machines are loaned from the surgery free for the first week. If the machine is not returned at the end of he first week without prior arrangement, a weekly rental charge $15.00 for each week or part thereof will be charged and patients not returning loaned machines within one calendar month will be billed for the cost of a replacement machine.

If you have any problems with the blood pressure monitor or with recording the blood pressure please contact the nursing sister on duty at the surgery. The surgery phone number is 47733033.

Name: _____ **File No:** _____

Date	Time	Systolic	Dia-stolic	Pulse	Comment