



The James Cochrane Practice

Home Blood Pressure Readings Diary

Instructions:

- Please take a blood pressure reading each morning and afternoon for 7 days.
- On each occasion, please take three readings at least 1 minute apart.
- Document the lowest of the readings in your diary below.
- Once completed for 7 days, please return your completed form to the surgery.

Name:	Address:
Date of Birth:	
Name of clinician (if applicable) requesting these readings:	

Date	Time	Systolic Value (upper value)	Diastolic Value (lower value)	Any comments
Date:	AM			
	PM			
Date:	AM			
	PM			
Date:	AM			
	PM			
Date:	AM			
	PM			
Date:	AM			
	PM			
Date:	AM			
	PM			

Thank you for taking the time to complete your Home Blood Pressure Monitoring Diary, please hand it in at the practice. The information will be reviewed by the clinician overseeing your care.

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Branch Address: Maude Street Surgery, Maude Street, Kendal, Cumbria, LA9 4QE
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This surgery is within the Morecambe Bay Clinical Commissioning Group area

