

CATSHILL VILLAGE SURGERY

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Patient name : _____

Date of Birth : _____

Date first readings taken : _____

(It is very important you record the first and second results exactly as they appear, and not repeat the test or alter the numbers in any way.) Blood pressures should include both the high and the low number. For example: 130/80.

Day		1 st Result	2 nd Result
1	AM	/	/
	PM	/	/
2	AM	/	/
	PM	/	/
3	AM	/	/
	PM	/	/
4	AM	/	/
	PM	/	/
		PLEASE CALCULATE AVERAGE (last 3 days):	/

How to calculate the average

Add all of the high numbers [the first number in the blood pressure] over days 2-4 together and then a divide by 12.(Write this number in the box above to the left of the / symbol.)

Add all of the low numbers [the second number in the blood pressure] over days 2-4 together and then a divide by 12. (Write this number in the box above to the right of the / symbol.)

If possible, please scan and email this form to catshill.surgery@nhs.net
If you are unable to do this, please return this form to the surgery via our post box.
You will be contacted in due course regarding the results.