



Health

South Eastern Sydney
Local Health District

**Department of Renal Medicine
St George Hospital, Kogarah NSW 2217**

Surname _____ First Name _____

MRN _____ DOB _____

HOME BLOOD PRESSURE MEASUREMENTS

1. Measure blood pressure 3 times in the morning (before medications) and 3 times in the evening. Ensure you are rested and allow 2 minutes between readings.
2. Ignore the 1st reading each time and average the next 2 readings.
3. Record the average measurements in the table below
4. Discard the first day's readings
5. Take an average of the last 6 days, there should be 12 readings.

NORMAL BLOOD PRESSURE AT HOME (AVERAGE) IS <135/85mmHg

| | <i>Morning (2 readings, 2 min apart)</i> | <i>Evening (2 readings, 2 min apart)</i> |
|-----------------------------------|---|---|
| <i>Day 1 - Discard</i> | | |
| <i>Day 2</i> | | |
| <i>Day 3</i> | | |
| <i>Day 4</i> | | |
| <i>Day 5</i> | | |
| <i>Day 6</i> | | |
| <i>Day 7</i> | | |
| <i>Average of Days 2-7</i> | | |

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