
ST JAMES'S SURGERY

Northampton Buildings, Bath, BA1 2SR
Telephone: 01225 422911 Fax: 01225 428398

Also at
8 Junction Road, Bath, BA2 3QN
Telephone: 01225 422012 Fax: 01225 480045

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**HOME BLOOD PRESSURE
MONITORING**

Name:..... DOB:.....

Please take your blood pressure in the morning and evening for seven days. For each blood pressure reading, please take two consecutive readings at least one minute apart whilst seated.

Start date:.....

Day	Morning		Evening	
	Reading 1	Reading 2	Reading 1	Reading 2
1				
2				
3				
4				
5				
6				
7				

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