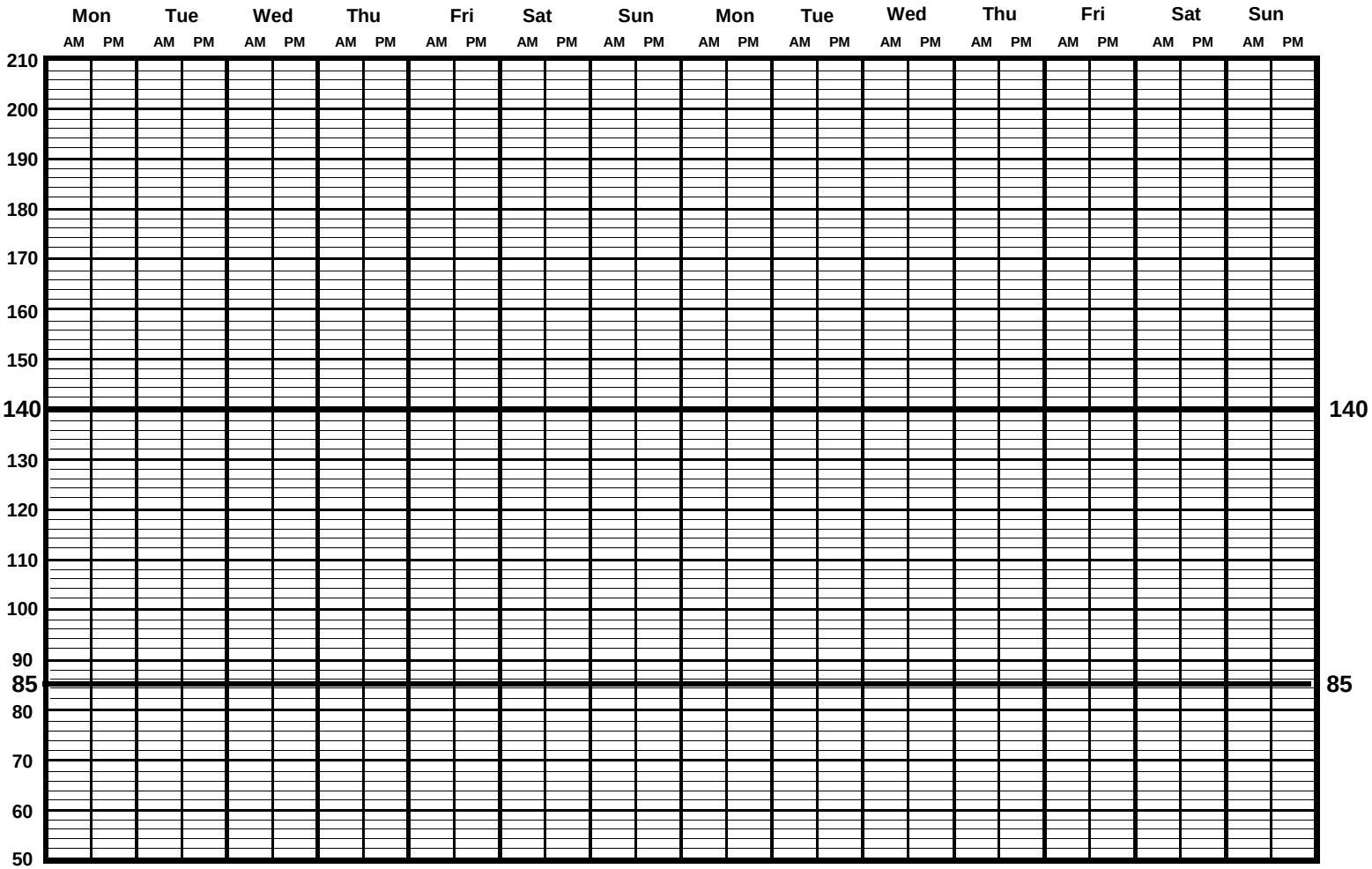
Boughton Health Centre

01244 325421

Daily Readings: Blood Pressure

Your Name: _____ Date of Birth: _____ Date Chart Started: _____



- Please take your Blood Pressure mid morning and mid evening e.g. 11 am & 8pm and record with dots on this graph After one week return your machine to the nurses and your graph to the doctor or nurse who requested it at the next consultation Blood pressure should always be resting i.e. after 15 minutes inactivity.

- Omron MX3 blood pressure monitors are available to buy from Medisave, for further information call free phone

0800 804 6447 or visit their website on **www.medisave.co.uk**