

LLANFYLLIN GROUP PRACTICE

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HOME BLOOD PRESSURE READINGS

For home blood pressure readings it is recommended that you take your blood pressure over a seven day period, once or twice daily with readings being taken either in the morning, afternoon or evening.

Please sit quietly for a few minutes before you take your blood pressure and take two readings with at least one minute between each reading.

Please record the lowest of the three readings taken at each time and record in the table.

DATE/TIME	READING	NOTES-ACTIVITIES ETC.

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