WESTBOURNE MEDICAL CENTRE
MILBURN ROAD
WESTBOURNE
BOURNEMOUTH
BH4 9HJ
TEL: 01202 752550

BLOOD PRESSURE FORM

FULL NAME	
DATE OF BIRTH	
CONTACT NUMBER	

Patients can use this form to document 5 days' worth of readings at home. Then calculate the average and inform Westbourne Medical Centre.

If you do not already have access to a blood pressure monitor at home, you can take your blood pressure in the following ways:

- Take this letter to the reception desk and ask to borrow one of our loan BP monitors.
- Buy a home BP monitor (they can be purchased a variety of outlets including Pharmacies from around £25). See the British Hypertension Society website for a list of validated monitors for home use.
- Use the blood pressure machines located in the Medical Centre.

	Morning			Evening		
Date	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse

Average calculator available on our website

Systolic Average	
Diastolic Average	
Pulse Average	

Please return the completed form to Westbourne Medical Centre and we will contact you if any further action is required.

Westbourne Medical Centre