

Rectory Meadow Surgery

PARTNERS

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24HR AUTOMATIC BLOOD PRESSURE MONITOR

The monitor will take your blood pressure half hourly during the day and hourly during the night. This will be according to the time on the monitor, ie on the hour and the half hour etc.

WHEN THE MONITOR TAKES YOUR BLOOD PRESSURE, IT IS IMPORTANT TO **RELAX YOUR ARM.** If you are unable to do so, it may take your blood pressure more than once. Please don't worry if this happens.

Please write down here what time you go to bed

and the time you get up the following morning

If you need to take the blood pressure monitor off, you must REMOVE THE BATTERIES (removing the batteries and/or putting them back in will not affect your readings or our ability to read them.)

Please **DO NOT** touch any of the buttons on the monitor.

Try to have a reasonably normal day if you can.