

My target blood pressure (BP) is:

How often should I check my BP?

Who should I contact if my BP is regularly high or low?



Sheffield Teaching Hospitals
NHS Foundation Trust

My Blood Pressure and Weight Record



Further information

You might find it helpful to watch this video.

'How to measure your blood pressure'

Web link:

<https://video.sth.nhs.uk/renal?videoid=1374>

or scan this QR code
to launch the video



Name:

Hospital number:

