

Home Monitoring Blood Pressure Diary

Name: _____

Date of Birth: _____

Patient Instructions:

1. In the morning, ensure that you are rested and have taken no exercise in the last 30 minutes.
2. Sit in a chair comfortably upright with your arm supported on a table beside you and both feet on the ground.
3. Put the cuff on your upper arm (5cm above your elbow) resting on the table, the cuff should be roughly at the level of your heart.
4. Press the on/start button on the BP monitor and take two readings at least 1 minute apart.
5. Record the readings below with your pulse rate and any comments
6. Repeat that evening & for a total of 5 days and return this diary to the surgery.

Current weight : _____ Current smoker? YES/NO or Never smoked YES/NO

		Blood Pressure		Pulse	Comments		
Day 1	am	1 st	/	2 nd	/		
	pm	1 st	/	2 nd	/		
Day 2	am	1 st	/	2 nd	/		
	pm	1 st	/	2 nd	/		
Day 3	am	1 st	/	2 nd	/		
	pm	1 st	/	2 nd	/		
Day 4	am	1 st	/	2 nd	/		
	pm	1 st	/	2 nd	/		
Day 5	am	1 st	/	2 nd	/		
	pm	1 st	/	2 nd	/		

PLEASE CALCULATE YOUR AVERAGE BLOOD PRESSURE HERE: _____ /

**Ignoring day 1 readings, add up ALL the top blood pressure readings & divide by the number of blood pressures taken (should be 16), then repeat with the bottom readings (again ignoring day 1 readings as this is when you were getting used to the machine)*

If you are 80 or over, or have Diabetes, please do a third reading on 2 or 3 occasions, doing this when you have been **STANDING** for 1-2 minutes. Put in the 'Comments' column with note that you were standing. You don't need to include those in the average. Thank you