

# Home Blood Pressure Diary

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name of Clinician requesting this information: \_\_\_\_\_

Please monitor and record your blood pressure at home for 7 consecutive days (minimum 5). In the notes section, write down anything that could affect your reading, such as feeling unwell or changes to your medication.

**Remember to bring this diary with you to your next appointment/review**

When to measure:

- Monitor your blood pressure in the morning and evening at roughly the same time.
- Measure your morning blood pressure before you take your medication.
- Don't exercise, smoke, eat or drink caffeine in the 30 minutes before measurements

Measuring blood pressure:

- **DO** sit quietly for 5 minutes before starting measurements (no TV, talking, reading, phone use)
- **DO** sit with feet flat on the floor, legs uncrossed, upper arm bare, back and arm supported with upper arm at the level of the heart.
- **DO** write down the numbers in the table below **exactly** as they appear on the monitor screen- do not round them up or down.
- **DO** take a minimum of two readings, leaving at **least a minute** between each. If the first two readings are very different, take 2 or 3 further readings. Write down the average of the last 2 readings. Note the number taken.

	Date	AM (6am-12midday)		PM (6pm – 12midnight)		Notes
		Readings	Average	Readings	Average	
Example	07/08/2018	1: 152/81 2: 164/93	158/87	1: 174/62 2: 166/76	170/69	e.g. Exercised shortly before PM reading
Day 1		1: / 2: /	/	1: / 2: /	/	
Day 2		1: / 2: /	/	1: / 2: /	/	
Day 3		1: / 2: /	/	1: / 2: /	/	
Day 4		1: / 2: /	/	1: / 2: /	/	
Day 5		1: / 2: /	/	1: / 2: /	/	
Day 6		1: / 2: /	/	1: / 2: /	/	
Day 7		1: / 2: /	/	1: / 2: /	/	

Advice on BP Monitor choice:

<https://bihsoc.org/bp-monitors/>

Advice on BP measurement at home:

<https://bihsoc.org/resources/bp-measurement/hbpm/>