

## Home Blood Pressure Diary

**Name:**

**DOB:**

1. In the morning, sit in a chair comfortably upright with your arm supported on a table beside you, with both feet on the ground.
2. 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.
3. Press the on/start button on the BP monitor and take two readings at least 1 minute apart
4. Record the readings below with your pulse rate and any comments
5. Repeat that evening and then for a total of 7 days, please then return this diary (and the BP monitor if borrowed) to the surgery

		Blood Pressure		Pulse	Comments	
Day 1	am	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
	pm	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
Day 2	am	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
	pm	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
Day 3	am	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
	pm	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
Day 4	am	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
	pm	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
Day 5	am	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
	pm	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
Day 6	am	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
	pm	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
Day 7	am	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
	pm	1 <sup>st</sup>	/	2 <sup>nd</sup>	/	
		HEIGHT:		m	WEIGHT:	kg

For further information, please see: [www.bloodpressureuk.org](http://www.bloodpressureuk.org). For a list of validated home blood pressure monitors, visit [www.bhsoc.org/bp-monitors/bp-monitors](http://www.bhsoc.org/bp-monitors/bp-monitors)

**Please return this blood pressure diary to the surgery by post or by email to [thedeparysgroup@nhs.net](mailto:thedeparysgroup@nhs.net)**