**Home Blood Pressure Monitoring Diary**

**Name:**  NHS Number:

Address: **Date of Birth:**

Telephone:

Done by

Name: Date:

**Patient Instructions:**

1. In the morning, ensure that you are rested and have taken no exercise in the last 30 minutes.

2. Then sit in a chair comfortably upright with your arm supported on a table beside you, with 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 7 days. Please average out the readings as below

7. Then return this diary to the surgery. This is best done electronically if possible. If you wish to do this electronically please see the ‘contact us’ page of our website so that you can upload the form via **system one online.**

8. Then **make a telephone appointment with your GP to review results**. Don’t assume it is normal without checking with your GP

For a list of validated home blood pressure monitors, visit https://bihsoc.org/bp-monitors/ or discuss with your pharmacy

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1st Blood pressure(mmHg) | 1st Pulse(beats/min) | 2nd Blood pressure(mmHg) | 2nd pulse(beats/min) | Comments |
| Day 1 am pm | // |  | // |  |  |
| Day 2 am pm | // |  | // |  |  |
| Day 3 am pm | // |  | // |  |  |
| Day 4 am pm | // |  | // |  |  |
| Day 5 am pm | // |  | // |  |  |
| Day 6 am pm | // |  | // |  |  |
| Day 7 am pm | // |  | // |  |  |

**Please Average out the readings**

Ignore the first day of readings (as this was when you were getting used to the monitor) and take an average of the remaining readings.

**Add up all the top systolic blood pressures & divide by the number of blood pressures done, then repeat with the bottom diastolic blood pressures.**

**Average Blood pressure = /**