**NAME: DOB:**

**Home Monitoring Blood Pressure Diary**

**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 to the surgery

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)

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Blood Pressure** | **Pulse** | **Comments** |
| **Date 1** | **am** | **1st /** | **2nd /** |  |  |
|  | **pm** | **1st /** | **2nd /** |  |  |
| **Date 2** | **am** | **1st /** | **2nd /** |  |  |
|  | **pm** | **1st /** | **2nd /** |  |  |
| **Date 3** | **am** | **1st /** | **2nd /** |  |  |
|  | **pm** | **1st /** | **2nd /** |  |  |
| **Date 4** | **am** | **1st /** | **2nd /** |  |  |
|  | **pm** | **1st /** | **2nd /** |  |  |
| **Date 5** | **am** | **1st /** | **2nd /** |  |  |
|  | **pm** | **1st /** | **2nd /** |  |  |
| **Date 6** | **am** | **1st /** | **2nd /** |  |  |
|  | **pm** | **1st /** | **2nd /** |  |  |
| **Date 7** | **am** | **1st /** | **2nd /** |  |  |
|  | **pm** | **1st /** | **2nd /** |  |  |

For further information, please see: [www.bloodpressureuk.org](http://www.bloodpressureuk.org)

 [www.bhf.org.uk](http://www.bhf.org.uk)