

Name:

Date of Birth:

Address:

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Please let your GP practice know
if recording your blood pressure
at home is difficult for you

Home blood pressure monitoring diary and instructions



Every morning and again every afternoon, for 7 days, we would like you to take two blood pressure readings, one minute apart. Please do this within the next month.

It is important you are relaxed and have been resting when you take your blood pressure. Sit comfortably with your arm by your side and your feet on the floor.

Place the cuff above your elbow and tighten it over your arm, make sure you can fit two fingers under the cuff. When you are ready to check your blood pressure - relax.

Press **ON** and then the **START** button. You will feel pressure on your arm, but do not worry this will stop and then reduce.

SYS **135**
DIA **85**
PUL **73**

You will see three numbers, which you need to write in the table below. The **first number (systolic - SYS) / a second number (diastolic - DIA), and your pulse rate.**

Day	Time	1 st Blood Pressure (SYS) / (DIA)	1 st Pulse	2 nd Blood Pressure (SYS) / (DIA)	2 nd Pulse
Practice Day 1	Morning	/		/	
	Evening	/		/	
Day 2	Morning	/		/	
	Evening	/		/	
Day 3	Morning	/		/	
	Evening	/		/	
Day 4	Morning	/		/	
	Evening	/		/	
Day 5	Morning	/		/	
	Evening	/		/	
Day 6	Morning	/		/	
	Evening	/		/	
Day 7	Morning	/		/	
	Evening	/		/	

Please give your readings to your GP surgery, by hand, by post or email to:
sxicb-wsx.brow-burgesshill@nhs.net

Or online: Please use the specially designed MS Excel diary file to record your blood pressure readings which will automatically calculate your average blood pressure reading. [Click here](#) to download the Excel file. Additional information: The British Heart Foundation has information and videos to help you manage your blood pressure and details of recommended blood pressure machines to buy:

www.bhf.org.uk/informationsupport/support/manage-your-blood-pressure-at-home