Markfield Medical Centre: Home Blood Pressure Diary

**Name:**

**DoB:**

**Address:**

We would like you to assess your blood pressure readings at home. It is suggested that this may be more accurate than a single reading, particularly when diagnosing hypertension (high blood pressure).

Please record your blood pressure at home for 7 consecutive days (unless you have been advised otherwise). On each day, monitor your blood pressure on two occasions: in the morning (between 6am and 12noon) and again in the evening (between 6pm and midnight). On each occasion take THREE readings, leaving at least a minute between each. Only make a note of the LOWEST reading each time in the table below:

|  |  |  |
| --- | --- | --- |
|  | AM reading | PM reading |
| Day 1 |  |  |
| Day 2 |  |  |
| Day 3 |  |  |
| Day 4 |  |  |
| Day 5 |  |  |
| Day 6 |  |  |
| Day 7 |  |  |

Follow the following advice when measuring your blood pressure at home:

* Measure your blood pressure before vigorous exercise. Don’t eat, drink coffee or smoke within 30 minutes before your reading.
* Empty your bladder before taking your blood pressure.
* Don’t measure your blood pressure if you feel uncomfortable/stressed or in pain.
* Rest for 5 minutes before taking a reading. Avoid talking during the reading.
* Sit with your feet flat on the ground. Keep the top half of your arm bare and your back and arm supported and in a relaxed position.