**Home BP Patient Diary**

**PATIENT IDENTIFICATION:  
  
NHS: Name: D.O.B:**

**Patient Instructions**:  
1) In the morning, ensure 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 cuff on your upper arm (5cm above your elbow) resting on the table, the cuff should be roughly level with 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 using alternate arms. Then return this diary (& BP monitor if borrowed) to the surgery.  
*For a list of validated home BP monitors visit:* [*www.bhsoc.org/bp-monitors/bp-monitors*](http://www.bhsoc.org/bp-monitors/bp-monitors) *or discuss with your pharmacy.*

**Date started:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Blood Pressure (Systolic/Diastolic)** | **Pulse** | **Comments** |
| Day 1 AM | 1st / 2nd / |  |  |
| PM | 1st / 2nd / |  |  |
| Day 2 AM | 1st / 2nd / |  |  |
| PM | 1st / 2nd / |  |  |
| Day 3 AM | 1st / 2nd / |  |  |
| PM | 1st / 2nd / |  |  |
| Day 4 AM | 1st / 2nd / |  |  |
| PM | 1st / 2nd / |  |  |
| Day 5 AM | 1st / 2nd / |  |  |
| PM | 1st / 2nd / |  |  |
| Day 6 AM | 1st / 2nd / |  |  |
| PM | 1st / 2nd / |  |  |
| Day 7 AM | 1st / 2nd / |  |  |
| PM | 1st / 2nd / |  |  |

**Average BP: /***Ignore first day readings (as this is when you are getting used to the monitor) and take an average of the remaining readings. Add up all the systolic (top) blood pressures and divide by the number of blood pressures done, then repeat with the diastolic (bottom) blood pressures.*