

**Home Blood Pressure Monitoring Chart**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GP who requested BP readings (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Instructions:

1. Ensure that you are rested and have taken no exercise in the last 30 minutes
2. Sit comfortably and upright in a chair with your arm supported on a table beside you, with both feet on the ground.
3. Put the cuff on your upper arm (approx. 5cm above your elbow). 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 lowest pair of numbers. There is no need to record your pulse rate.
6. Record readings in the morning and evening for a total of 7 days using either arm.
7. Calculate your average blood pressure (see below) and then return this diary to the surgery.

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| **Date** | **Morning** | **Evening** |
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|  | / | / |
|  | / | / |
|  |
| **Average Blood pressure :** | / |

**Calculating average blood pressure:** Ignore the 1st day of readings (at 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. If unsure, you can leave for your GP to calculate.