

Home Blood Pressure Diary

Please use your home monitor to record your blood pressure at home for 7 days (unless your healthcare professional has specifically advised otherwise).

Please monitor your blood pressure twice daily – once in the morning (between 6am and midday) and again in the evening (between 6pm and midnight).

Each time, take a minimum of two readings. If the first two readings are very different, take further reading(s).

You can use the sheet below to record all of your blood pressure readings. The numbers you write down should be the same as those that appear on the monitor screen; do not round the readings up or down.

In the comments section, you can record anything that might have affected your reading, such as feeling unwell or changes in your medication. You do not need to record your pulse/heart rate.

Completed forms should be returned to the surgery via email gp-a82021@nhs.net or to a member of our Reception team.

Name:

Date of birth:

Start date:

GP/ Nurse requested by:

	AM READING 1	AM READING 2	PM READING 1	PM READING 2
DAY 1	SYS: DIA:	SYS: DIA:	SYS: DIA:	SYS: DIA:
DAY 2	SYS: DIA:	SYS: DIA:	SYS: DIA:	SYS: DIA:
DAY 3	SYS: DIA:	SYS: DIA:	SYS: DIA:	SYS: DIA:
DAY 4	SYS: DIA:	SYS: DIA:	SYS: DIA:	SYS: DIA:
DAY 5	SYS: DIA:	SYS: DIA:	SYS: DIA:	SYS: DIA:
DAY 6	SYS: DIA:	SYS: DIA:	SYS: DIA:	SYS: DIA:
DAY 7	SYS: DIA:	SYS: DIA:	SYS: DIA:	SYS: DIA:

Average: