

My Home Blood Pressure Monitor Diary

Name:

Date of birth:

NHS Number:

First line of address:

	Date	1st Blood Pressure (mmHg)	1st Pulse (beats/minute)	2nd Blood Pressure (mmHg)	2nd Pulse (beats/minute)	Comments
Day 1 AM		/		/		
PM		/		/		
Day 2 AM		/		/		
PM		/		/		
Day 3 AM		/		/		
PM		/		/		
Day 4 AM		/		/		
PM		/		/		

Average	/
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How to calculate your Average Blood Pressure:

- Ignore the first day of readings (as this was when you were getting used to the monitor) and take an average of the remaining readings.
- Add up all the systolic (top number) blood pressures & divide by the number of blood pressures done – this is your average systolic reading.
- Next, add up all the diastolic (bottom number) blood pressures & divide by the number of blood pressures done – this is your average diastolic reading.

How to choose the right Blood Pressure Monitor

For a list of clinically validated monitors, visit <https://bihsoc.org/bp-monitors/for-home-use/> or discuss with your pharmacy.

Where can you buy a blood pressure monitor?

You can buy blood pressure monitors directly from the manufacturer, from many local pharmacies, from pharmacies such as Boots and Lloyds Pharmacy either online or in large branches, or online from retailers such as Amazon and John Lewis.

Before using the Blood Pressure Monitor

- **Avoid things that can raise your blood pressure in the short term.** Don't measure your blood pressure within half an hour of eating, smoking, drinking caffeinated drinks such as coffee, or exercising. You should also avoid measuring your blood pressure when you need to use the toilet.
- **Always measure your blood pressure in the same arm.** You should use the arm which your doctor or nurse uses when they take your blood pressure,
- **Wear loose-fitting clothes.** Avoid wearing tight or thick clothing, as this could affect the fit of the cuff around your arm and the reading.
- **Rest for five minutes before you take your reading.** Sit down somewhere quiet, ideally at a desk or table.
- Make sure your arm is supported and at the same level as your heart. Position yourself so that your arm is resting on a surface and is at the same height as your heart. Keep your arm and hand relaxed, not tensed and feet flat on the floor.
- **Make sure you are relaxed and comfortable.**
- **Write down the numbers into your blood pressure diary below.**

If you have not discussed your results or been contacted within 2 weeks after returning this diary, please contact your GP surgery

Resources

<http://www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/monitoring-your-blood-pressure-at-home/>

<https://bihsoc.org/resources/bp-measurement/hbpm/>

<https://www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/>