

## Home Blood Pressure Diary

Name.....

DOB.....

Clinician requesting this.....

Contact Phone Number.....

Please monitor and record your blood pressure (BP) and pulse (HR) at home for 8 consecutive days.

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 a minimum of two readings, leaving at least a minute between each and record the lowest reading.

Use the table 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 numbers up or down.

Once you have completed the diary please upload the readings if you are able via '[Dedridgemedicalgroup/e-review/hypertension & BP review](https://www.dedridgemedicalgroup.com/e-review/hypertension%20&%20BP%20review)'. You will be prompted to leave out day 0 which is a test day.

If you are unable to upload the readings please hand this back into the practice for your GP/nurse to see who will then advise if further action is needed.

The British Heart Foundation have information on how to accurately record your BP at home on their website [www.bhf.org.uk](http://www.bhf.org.uk)

	DATE	AM HR	AM BP	PM HR	PM BP
example	01/01/2023	72	127/89	68	130/78
Day 0					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					