**Home Blood Pressure Diary**

Name: …………………………… DOB: ………………………

Target Blood pressure is different for each individual but on average we initially aim for 140/70 if you are under 75, and below 140/80 if you are 75 and older

Please monitor and record your blood pressure at home for 7-10 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. If the first two readings are very different, take 2 or 3 further readings.

Use the table below to record all of your blood pressure readings. In the comments section, you should also write down anything that could have affected your reading, such as feeling unwell or changes in your medication. You do not need to record your pulse/heart rate.

Remember to bring the diary back to the surgery and we will contact you if any further action is needed.

Information about blood pressure and how to measure it can be found at <http://www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/>

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| --- | --- | --- | --- | --- |
| Date | Time | Systolic top number | Diastolic bottom number | Notes - how you are feeling, changes in medication etc |
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**Home Blood Pressure Diary – page 2**

Name……………………………………………….. D.O.B. …………………………...

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| --- | --- | --- | --- | --- |
| Date | Time | Systolic top number | Diastolic bottom number | Notes- how you are feeling, changes in medication etc |
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