**HOME BLOOD PRESSURE DIARY**

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| **Name & DoB** |

Please record your blood pressure for 7 consecutive days. Add any comments that may affect the reading e.g. unwell, dizzy etc.

Do three readings a few minutes apart, morning and evening, but only write down the average of the three readings.

It is best not to smoke, exercise, drink caffeine in the 30 mins before recording.

* Sit quietly for a few minutes before readings
* Empty bladder
* Sit feet flat on floor-uncrossed, arm supported , machine level with the cuff,
* Don’t talk or move while machine is recording.

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| --- | --- | --- | --- | --- |
| **DATE** | **DAY** | **MORNING** | **EVENING** | **COMMENTS** |
|  | **ONE** |  |  |  |
|  | **TWO** |  |  |  |
|  | **THREE** |  |  |  |
|  | **FOUR** |  |  |  |
|  | **FIVE** |  |  |  |
|  | **SIX** |  |  |  |
|  | **SEVEN** |  |  |  |

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**AVERAGE**

**How to calculate your average blood pressure reading**

1) Add together all the **systolic** readings (top figure)

Divide by the total number of systolic readings taken

2) Add together all the **diastolic** readings (2nd figure)

Divide by the total number of diastolic readings taken

This will give an average reading. E.g. 148/79