

**Name:**

**DOB:**

**H+C:**

## Home Blood Pressure Monitoring Diary

As recommended in NICE Guideline NG136 (28 August 2019) (updated 18 March 2022)



- Home blood pressure monitoring uses a device that is similar to the device used by the doctor or nurse to measure your blood pressure in the GP practice or clinic
- Please make sure that the monitor cuff is the right size for your arm – a medium cuff will suit most people, but some will need a large or small cuff
- It is best to use a monitor with an upper arm cuff as these are more accurate – see <https://bihsoc.org/bp-monitors/for-home-use/> for a list of validated monitors
- You should measure your blood pressure twice a day, ideally once in the morning and once in the evening, while you are sitting down.
- Each time you do this, you should take two readings, 1 minute apart once you have been sitting resting for around 5 minutes
- Preferably sit at a desk or table so your arm can rest, palm up, on a firm surface while taking your measurements
- You should continue to measure your blood pressure twice daily for 7 days before working out your average blood pressure
- To do this, discard the 4 readings from day 1. Average the remaining 24 top numbers to get your average systolic blood pressure and the remaining 24 bottom numbers to get your average diastolic blood pressure. If your average is greater than 135/85 you should show the diary to your GP or Practice Nurse

Start date:													
Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Morning readings	e.g. 120/80	Morning readings		Morning readings		Morning readings		Morning readings		Morning readings		Morning readings	
	e.g. 130/90												
Evening Readings		Evening Readings		Evening Readings		Evening Readings		Evening Readings		Evening Readings		Evening Readings	

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