**Wellside Surgery Home Blood Pressure Monitoring Diary**

Please monitor and record your blood pressure at home for 5 consecutive

days (unless you have been advised otherwise).

On each day, monitor your blood pressure in the morning (between 6am and 12noon) and again in the evening (between 6pm and midnight).

On each occasion ensure that the cuff is correctly applied on the upper arm, rest for 5 minutes before the first reading.

Ensure your arm is supported at heart level, do not cross your legs.

Take two readings, leaving at least a minute between each.

Use the table on the next page 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.

Take the diary back to the surgery and post through the letter box

or email to [hhcdata.wellsidesurgery@nhs.net](mailto:hhcdata.wellsidesurgery@nhs.net)

**Wellside Surgery Home Blood Pressure Monitoring Diary**

Name: ……………...................................DOB:...........................

Address…………………………………………………………………………

Arm used: Left Right

Make/Model of monitor used: ……………………………………..................

Size of cuff:………………………………………………………………

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| --- | --- | --- | --- | --- |
| Date | Time | Systolic (High number) | Diastolic(low number | Comments |
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*For surgery Use -Average Reading (exclude first days readings)*