



Home Blood Pressure (BP) Diary



Name: _____ Start date: _____

When to take home BP?

- DO take measures at around the same time in the morning and evening
- DO take before taking medication, food or vigorous exercise
- DO take for 7 days (5 day minimum)
- DO take as advised by your doctor e.g. before visiting the doctor or after medication change

How to take home BP?

- DO sit quietly for 5 minutes (no talking/distractions such as TV/extreme temperatures)
- DO sit with feet flat on floor, legs uncrossed, upper arm bare, back and arm supported (relaxed position with the cuff at heart level)
- DO take two measures 1 minute apart
- DO record each measure in a paper diary or an electronic spread sheet
- DO take a copy of the BP readings to your doctor appointment
- DO NOT smoke or drink caffeine 30 minutes before measuring BP
- DO NOT measure your BP if uncomfortable, stressed or in pain

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening
SBP 1														
DBP 1														
SBP 2														
DBP 2														
Average BP (except day 1)											SBP	DBP		

Medications (name and dose): _____

Other BP readings as requested by your doctor (e.g. standing or midday or when you are symptomatic i.e. dizzy/headache): _____

SBP = systolic BP (the top number) DBP = diastolic BP (the bottom number)