

Home Blood Pressure (BP) Diary



Name	•	S [.]	_ Start date:											
When	to take h	nome BP	i,											
DO t	ake measur	es at arour	nd the same	time in the	morning an	d evening								
			lication, foo		_	J								
DO t	ake for 7 da	ıys (5 day n	ninimum)	_										
DO t	ake as advis	sed by your	doctor e.g.	before visit	ing the doc	tor or after	r medicatio	n change						
How to	take ho	me BP?												
DO 5	it auietly fo	r 5 minutes	s (no talking	/distraction	s such as T\	//extreme	temperatu	res)						
			or, legs uncre			-	-	•	ed position	with the cu	uff at heart	level)		
			inute apart		,		• •	•	•			,		
DO r	ecord each	measure ir	n a paper dia	ary or an ele	ctronic spre	ead sheet								
DO t	ake a copy o	of the BP re	eadings to yo	our doctor a	appointmen	t								
1 OQ	NOT smoke	or drink cat	ffeine 30 mi	nutes befor	e measuring	g BP								
1 OQ	NOT measur	e your BP i	f uncomfort	able, stress	ed or in pai	n								
	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														
	_1					1	1			Average BP (except day 1)			SBP	DE
Medica	tions (nam	e and dos	e):											
Other F	P readings	s as reque	stad hy vai	ir doctor /	a a ctandir	:								