

# Name:

**When to take home BP?**

# Start date:

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

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|  | **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** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **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)