|  |  |  |  |
| --- | --- | --- | --- |
| Name |  | Date of birth |  |
| Date of 1st reading |  | Current smoker | Yes/No |

* We recommend you buying a home blood pressure (BP) monitor for your own use. Visit <https://bihsoc.org/bp-monitors/for-home-use/> (for upper arm use) for options or discuss with your pharmacy. In the surgery we find the Omron M2 a reliable & easy to use monitor.
* Please note we are **only** able to review BP diary results requested by the surgery.

**Patient Instructions:**

1. You should not drink caffeine, smoke or exercise for 30 mins before checking your BP reading. Avoid checking your BP if you need the toilet or are feeling anxious/stressed at that time.
2. Do not wear any tight or restrictive clothing around the arm you are measuring your BP in (i.e. you should avoid rolling up tight shirt sleeves).
3. In the morning, sit upright in a comfortable chair, in a quiet place and relax for at least five minutes before measuring your BP. Avoid speaking to anyone during this time.
4. Place the BP cuff on your bare upper arm (about 2 finger breadths/5cm above your elbow). The BP cuff should be roughly at the level of your heart. Your arm should be supported on a table beside you.
5. Press the on/start button on the BP monitor and take two readings at least 1 minute apart.
6. Record the readings at roughly the same time in the same arm each day.
7. Repeat the process for BP readings in the evening and then for a total of 5 days.
8. Please then return this diary (and the BP monitor if borrowed) to the surgery.

|  |  |
| --- | --- |
|  | **Blood Pressure** |
| **Example am** | 1st 144 / 83   | 2nd 147 / 79 |
|  **pm** | 1st 153 / 86   | 2nd 150 / 86 |
| **Day 1 am** | 1st /   | 2nd / |
|  **pm** | 1st /  | 2nd / |
| **Day 2 am** | 1st /   | 2nd / |
|  **pm** | 1st /  | 2nd / |
| **Day 3 am** | 1st /  | 2nd / |
|  **pm** | 1st /   | 2nd / |
| **Day 4 am** | 1st /  | 2nd / |
|  **pm** | 1st /  | 2nd / |
| **Day 5 am** | 1st /  | 2nd / |
|  **pm** | 1st /  | 2nd / |