

Blood Pressure Home Monitor Form/Diary

Name		Monitor Number
DOB		
Return Date		

PLEASE RETURN MONITOR BY THE DATE ABOVE AS OTHER PATIENTS WILL BE WAITING TO USE IT.

Date		AM Readings (eg 115/75)	AM pulse	PM Readings (eg 115/75)	PM Pulse	Comments
	Reading 1					
	Reading 2					
	Reading 1					
	Reading 2					
	Reading 1					
	Reading 2					
	Reading 1					
	Reading 2					
	Reading 1					
	Reading 2					
	Reading 1					
	Reading 2					
	Reading 1					
	Reading 2					

1. Before each pair of readings, ensure that you are rested and have taken no exercise in the last 30 minutes.
2. Then sit in a chair comfortably upright with your arm supported on a table beside you, with both feet on the ground.
3. Put the cuff on your upper arm (5cm above your elbow) resting on the table, the cuff should be roughly at the level of your heart.
4. Press the on/start button on the BP monitor and take two readings at least 1 minute apart.
5. Record the readings below with your pulse rate and any comments.
6. Repeat that evening & for a total of 7 days. Then return this diary to your GP surgery with Machine if you have borrowed one.

SURGERY USE ONLY (AVG)			
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