**BP@Home monitoring diary**

This diary will help you record your blood pressure (BP) over 4 consecutive days giving you and your GP an accurate idea of your average BP. To see how to take your blood pressure at home, more information is available at <https://bihsoc.org/wp-content/uploads/2017/09/How_to_instructional_leaflet.pdf>. There is also an instruction video available at <https://www.youtube.com/watch?v=mfwBpBXUYHs>

Take a reading twice a day, one between 6am and 12pm, and one between 6pm and 12am. If possible try to take the measurements at the same times each day. On each occasion take a minimum of two readings, leaving at least a minute between each. If the first two readings are very different, take 2 or 3 further readings.

In the table write down the numbers as they appear on the monitor - don’t round them up or down. And use the comments section to record anything that could have affected your reading. When you’ve measured you BP over 4 consecutive days please return this to your doctor.

Turn page over for diary.

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| Date | Time | Systolic (top) reading | Diastolic (bottom) reading | Comments |
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