



Please record your blood pressure twice in the morning and twice in the evening for a week. The top number is the systolic and the bottom number is the diastolic. We don't need to record the pulse rate.

Name :

Date of Birth :

| Day | Date | Measurements    | Morning  |           | Evening  |           |
|-----|------|-----------------|----------|-----------|----------|-----------|
|     |      |                 | Systolic | Diastolic | Systolic | Diastolic |
| 1   |      | 1st measurement |          |           |          |           |
|     |      | 2nd measurement |          |           |          |           |
| 2   |      | 1st measurement |          |           |          |           |
|     |      | 2nd measurement |          |           |          |           |
| 3   |      | 1st measurement |          |           |          |           |
|     |      | 2nd measurement |          |           |          |           |
| 4   |      | 1st measurement |          |           |          |           |
|     |      | 2nd measurement |          |           |          |           |
| 5   |      | 1st measurement |          |           |          |           |
|     |      | 2nd measurement |          |           |          |           |
| 6   |      | 1st measurement |          |           |          |           |
|     |      | 2nd measurement |          |           |          |           |
| 7   |      | 1st measurement |          |           |          |           |
|     |      | 2nd measurement |          |           |          |           |

|                          |             |
|--------------------------|-------------|
| <b>Average Systolic</b>  | <b>mmHg</b> |
| <b>Average Diastolic</b> | <b>mmHg</b> |

Notes

The readings from the first day are not used in the calculation.  
 Self monitored blood pressure is lower than that measured at the surgery by about 10mmHg for the systolic and 5mmHG for the diastolic  
 Guidelines suggest a threshold of more that 135/85 mmHg for the diagnosis of simple high blood pressure from self monitoring although this depends on the other medical history.

References

Blood Pressure self monitoring: questions and answers from a national conference'. *BMJ* 2008; 337 p38-42, 3rd January 2009