

The Village Surgeries Group



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My Home Blood Pressure Monitor Diary

Name				Date of birth	
Target Blood Pressure (if applicable)					
BP Machine Loaned?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If yes, what number?	_____	
Date given:	_____	Return date:	_____		

- Record your blood pressure (BP) for 7 consecutive days (unless otherwise advised).
- If applicable, ensure you take your BP medication (at least 2 hrs) before checking your BP.
- Monitor your BP twice a day:
 - Morning between 6am and 12pm
 - Evening between 6pm and 12am
- Should the reading be above 140/90 (unless otherwise advised), repeat the BP another two times. Leave at least 1 minute between each recording. From these three results, only the lowest reading needs recording.

A normal home blood pressure average is <135/85 for patients younger than 80 years OR <145/85 for patients older than 80 years of age. **If you have consecutive readings above 170/115, please contact the surgery or call 111.**

Use the table below to record all your blood pressure readings. The numbers you write down should be the same as those that appear on the monitor screen – do not round the numbers up or down. In the comments section you should write down anything that could have affected your reading, such as feeling unwell or changes in your medication. You do not need to record your pulse/heart rate (unless otherwise advised).

	1st Blood Pressure (mmHg)	1st Pulse (beats/minute)	2nd Blood Pressure (mmHg)	2nd Pulse (beats/minute)	Comments
Day 1 AM	/		/		
PM	/		/		
Day 2 AM	/		/		
PM	/		/		
Day 3 AM	/		/		
PM	/		/		
Day 4 AM	/		/		
PM	/		/		
Day 5 AM	/		/		
PM	/		/		
Day 6 AM	/		/		
PM	/		/		
Day 7 AM	/		/		
PM	/		/		

For office use only:

Average	/
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How to choose the right Blood Pressure Monitor

It's important to make sure you use equipment that's been properly tested. It's important to make sure you use equipment that's been properly tested. For a list of clinically validated monitors, visit <https://bihsoc.org/bp-monitors/for-home-use/> or discuss with your pharmacy.

Where can you buy a blood pressure monitor?

You can buy blood pressure monitors directly from the manufacturer, from many local pharmacies, from pharmacies such as Boots and Lloyds Pharmacy either online or in large branches, or online from retailers such as Amazon and John Lewis.

Before using the Blood Pressure Monitor

- **Avoid things that can raise your blood pressure in the short term.** Don't measure your blood pressure within half an hour of eating, smoking, drinking caffeinated drinks such as coffee, or exercising. You should also avoid measuring your blood pressure when you need to use the toilet.
- **Always measure your blood pressure in the same arm.** You should use the arm which your doctor or nurse uses when they take your blood pressure,
- **Wear loose-fitting clothes.** Avoid wearing tight or thick clothing, as this could affect the fit of the cuff around your arm and the reading.
- **Rest for five minutes before you take your reading.** Sit down somewhere quiet, ideally at a desk or table.
- Make sure your arm is supported and at the same level as your heart. Position yourself so that your arm is resting on a surface and is at the same height as your heart. Keep your arm and hand relaxed, not tensed and feet flat on the floor.
- **Make sure you are relaxed and comfortable.**
- **Write down the numbers into your blood pressure diary below.**

Using the Blood Pressure Monitor and Monitoring

You can access this YouTube video which shows how to use a blood pressure monitor: <https://youtu.be/AXCFcftkric>

1. Follow the instructions that came with your monitor.
2. The cuff should be placed about 2cm above your elbow to make sure it can detect the artery in your arm.
3. Keep still and quiet while you take your reading. Make sure you don't cross your legs, as this will raise your reading.
4. Take at least 2 blood pressure readings, 1-2 minutes apart, each morning & evening, ideally for 7 consecutive days.
5. If the first two readings you take are very different, take 2 or 3 further readings.
6. Write your readings in your blood pressure diary below exactly as they appear on screen. Do not round the numbers up or down.
7. Return the Blood Pressure Diary (& BP monitor if borrowed) to your GP practice.
8. If you have not discussed your results or been contacted within 2 weeks after returning this diary, please contact the surgery.

How often should you measure your blood pressure?

When and how often you take your readings will depend on your blood pressure. Speak to your doctor or nurse about what's suitable for you.