

Blood pressure diary

Name _____

Target blood pressure (if appropriate) Lower than _____ / _____

Arm used (left or right) _____

Record your blood pressure at home for seven consecutive days (unless you've been advised otherwise). On each day, record your blood pressure twice – in the morning (between 6 am and noon) and again in the evening (between 6 pm and midnight). Each time, take at least two readings, one to two minutes apart. If the first two readings are very different, take two or three further readings.

Use the table below to record all your blood pressure readings. The numbers you write down should be what appears on the monitor screen. Don't round the numbers up or down. In the comments section, write down anything that could have affected your reading, such as feeling unwell, changes in your medication or if you're standing (if your doctor has asked you to record a standing blood pressure). You don't need to record your pulse/heart rate.

For information about taking your blood pressure, go to www.healthinfo.org.nz and search for "home blood pressure".

Remember to take this diary with you to your next appointment.

Date	Time	Systolic BP (top number)	Diastolic BP (bottom number)	Notes
10/7/22 (example)	10.30 am	145	78	Didn't sleep very well.

