

Full Name:

DOB:

## WEEKLY HOME BLOOD PRESSURE RECORD

**Instructions:** First empty your bladder. Then find a quiet spot to sit and rest without distractions for 5 minutes. Avoid caffeine, smoking and other stimulants, large meals or exercise for at least 30 minutes prior to assessing your blood pressure. Any blood pressure medications that are due should be given following blood pressure assessment. Sit with back supported, legs uncrossed, feet flat on firm surface and arm supported on table with cuff at level of heart. The arm that normally gives a higher blood pressure reading is the arm you should use for assessment of your blood pressure. Check blood pressure three times in the morning and the evening. The first reading can be ignored and the next 2 readings then recorded. Blood pressure readings should be done at 1 min intervals. Readings should be done at roughly the same time each morning and evening. If your blood pressure normally drops by significant amount on standing then it may be preferable to do your blood pressure diary in the standing position. If you have done a standing blood pressure diary then please indicate this on the diary. **Blood pressure readings should be recorded for the 7 days prior to visits to your specialist at Canberra Heart Clinic, your local doctor or any other specialist with an interest in managing your blood pressure.**

Start Date:		Morning		Evening	
Day 1	Reading 2	/	mmHg	/	mmHg
Day 1	Reading 3	/	mmHg	/	mmHg
Day 2	Reading 2	/	mmHg	/	mmHg
Day 2	Reading 3	/	mmHg	/	mmHg
Day 3	Reading 2	/	mmHg	/	mmHg
Day 3	Reading 3	/	mmHg	/	mmHg
Day 4	Reading 2	/	mmHg	/	mmHg
Day 4	Reading 3	/	mmHg	/	mmHg
Day 5	Reading 2	/	mmHg	/	mmHg
Day 5	Reading 3	/	mmHg	/	mmHg
Day 6	Reading 2	/	mmHg	/	mmHg
Day 6	Reading 3	/	mmHg	/	mmHg
Day 7	Reading 2	/	mmHg	/	mmHg
Day 7	Reading 3	/	mmHg	/	mmHg
Average		/	mmHg	/	mmHg

**Please average morning and evening systolic (top number) and diastolic (bottom number) readings. An average reading less than 125/75 mmHg is ideal, especially in the morning. Please bring your most recent completed diary to your next visit.**