

Home blood pressure reading log: one week

Name _____ Date of birth _____ Monitor make and model _____

How to take your readings

1. Sit down and rest for about 5 minutes first, with your back supported, feet flat on the floor and your arm resting at heart level.
2. Take **two readings, at least 1 minute apart**, each morning and each evening. Write both down.
3. Do this for **at least 4 days, ideally 7**. Use the same arm each time.
4. Ignore day 1. Your GP practice works out the average of all the other readings (or you can, using the boxes at the bottom).
5. Ask your practice whether to check before or after any blood pressure tablets, and how they want the readings sent in.

Readings (top number / bottom number, plus pulse)

Day	Time	Reading 1 top / bottom	Pulse	Reading 2 top / bottom	Pulse	Notes (e.g. felt unwell, missed tablet)
Day 1 (ignore)	Morning					
	Evening					
Day 2	Morning					
	Evening					
Day 3	Morning					
	Evening					
Day 4	Morning					
	Evening					
Day 5	Morning					
	Evening					
Day 6	Morning					
	Evening					
Day 7	Morning					
	Evening					

Average top number
(days 2 to 7)

Average bottom number
(days 2 to 7)

Number of readings used

Call 999 if you have chest pain that does not go away, or signs of a stroke (a drooping face, arm weakness, slurred or confused speech). **If a reading is very high** (180/120 or higher), sit quietly for a few minutes and check again. If it stays that high, get advice the same day from your GP practice or NHS 111. If you also feel unwell, confused or have chest pain, call 999.