Name:
Dob:
Requested by:
to seeds.

Bloomfield Surgery

Home Blood Pressure Monitoring Guidelines and Diary

As per NICE Clinical Guideline CG127 November 2016

- Home blood pressure monitoring uses a device that is similar to the device used by the doctor or nurse to measure your blood pressure in the GP practice or clinic.
- Please make sure that the monitor cuff is the right size for your arm.
- You should measure your blood pressure twice a day, ideally once in the morning and once in the evening, while you are sitting down.
- Each time you do this, you should take two readings 1 minute apart, disregard the higher reading and only record the lower of the two.
- You should continue to measure your blood pressure twice daily for at least 4 days and ideally for 7 days.
- Your doctor or nurse will use all the measurements you have taken after the first day to work out your average blood pressure

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning						
readings						
	g g					
Evening						
Readings						
	_					
			3			