**Name: ……………………………………………….. Date of birth: …………………………………………**

 **Address: ……………………………………………....................... Arm used: Left Right**

To get the most accurate results it is best to keep a blood pressure diary over a week, with blood pressure readings taken twice a day. Morning and evening are often convenient times to measure your blood pressure.

Take your blood pressure after your medications, and after sitting calmly for 5 minutes. Note down the result then repeat again after 1 minute.

Repeat this twice a day for a week and email the results to langton.medical@nhs.net or post them through the letterbox at the surgery.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Date: | **AM** (6am – midday) readings: | **PM** (6pm – midnight readings: |
| Day 1 |  | **Systolic:** **Diastolic:**1: / | **Systolic:** **Diastolic:**1: / |
| 2: / | 2: / |
| Day 2 |  | 1: / | 1: / |
| 2: / | 2: / |
| Day 3 |  | 1: / | 1: / |
| 2: / | 2: / |
| Day 4 |  | 1: / | 1: / |
| 2: / | 2: / |
| Day 4 |  | 1: / | 1: / |
| 2: / | 2: / |
| Day 6 |  | 1: / | 1: / |
| 2: / | 2: / |
| Day 7 |  | 1: / | 1 : / |
| 2: / | 2: / |