



DR.
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Hypertension Guide and Diary

How to measure your blood pressure properly and diary to record a week's worth of readings

FULL NAME

DATE OF BIRTH

TODAY'S DATE

SEX

REVIEWING CLINICIAN

NEXT REVIEW DATE

HOSPITAL / NHS NUMBER

MONITOR MAKE & MODEL

Home Blood Pressure

Monitoring Guide

I have asked you to check your blood pressure at home. Please read this guide carefully before your first measurement.

1. Equipment — Which Monitor & Cuff to Use

Validated upper-arm monitor — Healthcare professionals recommend an automatic, oscillometric upper-arm device. **We recommend the Omron range**; wrist devices are not recommended.

Calibration — If your monitor is older than **2–3 years**, have it checked against a calibrated machine at your clinic or GP surgery, or return it to the manufacturer.

Selecting the correct cuff size — Measure the circumference around the middle of your upper arm (left arm if right-handed, right arm if left-handed):

SIZE	ARM CIRCUMFERENCE	NOTE
Small (S)	17–22 cm	
Medium (M)	22–32 cm	Most common adult size
Large (L)	32–42 cm	
X-Large (XL)	42–50 cm	

Your measured arm circumference: cm

Cuff size to use:

2. How to Prepare Before Each Reading

Consistent preparation is just as important as the measurement itself. Follow all of the steps below **every time** you take a reading:

Time of day	Take your readings first thing in the morning , ideally before taking any medication and before breakfast. Take a second set of readings in the evening before bed.
No caffeine	Avoid tea, coffee, energy drinks, or any other caffeine for at least 30 minutes beforehand.
No exercise	Do not exercise for at least 30 minutes before measuring. Even light activity raises blood pressure temporarily.
No smoking	Do not smoke for at least 30 minutes before your reading.
Empty bladder	Visit the bathroom first — a full bladder can raise your reading by several mmHg.
Dimly lit, quiet room	Sit in a calm, quiet and dimly lit environment . Bright light and noise can cause a stress response that elevates blood pressure.
Rest beforehand	Sit still and relaxed for at least 5 minutes before starting. Do not rush straight from activity to the monitor.
Posture	Sit with back supported , both feet flat on the floor and legs uncrossed. Do not talk or move during the reading.
Arm position	Rest your arm on a flat surface so the cuff is at the same level as your heart . Palm facing upwards. Remove any tight clothing from your upper arm — do not roll up a sleeve as this creates a tourniquet effect.

3. Step-by-Step: Taking Your Readings

- 1 Fit the cuff**
 Wrap the cuff around your bare upper arm, 2–3 cm above the elbow crease.
 The cuff should be snug but not tight — you should be able to slip two fingers underneath.
- 2 Start the measurement**
 Press the start button on your monitor and remain still and silent.
 Do not talk, move, or check your phone during the reading.
- 3 Record the first result**
 Note the systolic (top number), diastolic (bottom number) and pulse shown on the display.
- 4 Wait one minute, then repeat**
 Remain seated and rest for one minute.
 Take a second reading and record it.
- 5 Take a third reading**
 Wait another minute and take a third reading.
 The first reading is often slightly higher — record readings 1, 2 and 3, and use readings 2 and 3 for your average.
- 6 Record morning and evening**
 Take readings **twice a day** — once in the **morning** (before medication and breakfast) and once in the **evening**.
 Record the pulse (heart rate) shown on the monitor alongside each reading.
- 7 Repeat for seven days**
 Complete a full **seven-day diary** of morning and evening readings.
 Return the completed diary by email to enquiries@oneheartclinic.com the following day.

4. Home Blood Pressure Targets

Home blood pressure averaged over seven days is a much stronger predictor of cardiovascular events than a single office reading — this is what modern guidelines use to guide treatment decisions.

CATEGORY	HOME READING (mmHg)	WHAT THIS MEANS
Ideal	Below 130 / 80	Optimal — continue monitoring as advised
Borderline / Elevated	130–134 / 80–84	Improve lifestyle: diet, exercise, reduce salt and alcohol
High Blood Pressure	135 / 85 or above	Treatment is usually needed — discuss with your cardiologist
Treatment target	Below 130 / 80	Goal for most patients on antihypertensive medication

5. Important Notes

- ✓ A single high reading is usually nothing to worry about on its own — it is the **seven-day average** that matters.
- ✓ Avoid checking your blood pressure too frequently outside your monitoring period — it can cause anxiety which itself raises readings.
- ✓ Always take readings at a **consistent time each day** and record them in your diary before you forget.
- ✓ Take your blood pressure **before** oral medications wherever possible, unless instructed otherwise by your cardiologist.
- ✓ If you experience symptoms such as severe headache, visual disturbance, chest pain or difficulty breathing alongside a very high reading, **seek urgent medical attention**.

6. Seven-Day Blood Pressure Diary

Enter the **average of your two readings** for each session. Day 1 is excluded from the weekly average (per ESC protocol). Return the completed diary to enquiries@oneheartclinic.com. *The weekly average calculates automatically as you type.*

DAY	DATE	MORNING			EVENING		
		SYS	DIA	PULSE	SYS	DIA	PULSE
1 (excl.)							
2							
3							
4							
5							
6							
7							
Avg Days 2–7	<i>(auto)</i>						
WEEKLY AVERAGE (DAYS 2–7, MORNING + EVENING)		SYS		DIA		PULSE	
CATEGORY				SESSIONS RECORDED			
CLINIC RECORD							

Show your weekly average to your cardiologist — it is what guides any decision about medication or further investigation. Averages, category and checks fill in automatically in Adobe Acrobat Reader. In other viewers the form is still fillable — enter the averages yourself.