



# Home Blood Pressure Monitoring

A practical guide to measuring your blood pressure accurately at home.



**Important:** Do not measure if you are very stressed, in pain or feeling uncomfortable. Avoid talking during the reading.

**1**

## Before you start



Avoid coffee, smoking and vigorous exercise for at least 30 minutes before measuring. Measure before eating or taking medication.

**2**

## Sit correctly



Sit with your back supported, feet flat on the floor and legs uncrossed. Rest quietly for 5 minutes before taking a reading.

**3**

## Empty your bladder



A full bladder can raise your reading.

**4**

## Use the right cuff



Use a cuff that fits the top half of your arm properly. The cuff should be on bare skin.

**5**

## Arm at heart level



Rest your arm on a table so the cuff is at the same level as your heart.

**6**

## Take two readings



Measure your blood pressure morning and evening for 7 days (minimum 5 days). Each time, take 2 readings, 1 minute apart.



## After measuring

Record each reading in the diary on the next page and bring it to your next appointment. Your doctor will use these readings to guide your care.

Adapted from Heart Foundation guidance.  
For more: [heartfoundation.org.au](http://heartfoundation.org.au)

# My Blood Pressure Diary

Track your readings for 7 days to help your doctor understand your blood pressure.

Name: \_\_\_\_\_

Start date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_





PATIENT GUIDE



Measure your blood pressure **morning and evening** for 7 days (minimum 5 days).  
Each time you measure, take 2 readings, **1 minute apart**,  
and record the numbers below.

[drregu.com.au](http://drregu.com.au)

Reading	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening
 <b>SYS 1</b> (top number)														
 <b>DIA 1</b> (bottom number)														
 <b>SYS 2</b> (top number)														
 <b>DIA 2</b> (bottom number)														

**Average BP** (exclude Day 1)

Average **SYS** (top number) \_\_\_\_\_

Average **DIA** (bottom number) \_\_\_\_\_

**Medications** (name and dose)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Other BP readings as requested by your doctor**

(e.g. standing or midday or when you are symptomatic  
i.e. dizzy/headache):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Record each reading in the diary and bring it to your next appointment. Your doctor will use these readings to guide your care.



**Dr Regu**  
RECOVER. REBALANCE. REVIVE

Adapted from Heart Foundation  
For more: [heartfoundation.org.au](http://heartfoundation.org.au)

This information is general in nature and does not replace personal medical advice. Please consult your doctor for individual advice.

© Dr Regu 2026