



MY HOME BLOOD PRESSURE LOG

NAME:

AGE:

PHONE NO:

Tips on how to take blood pressure readings.

- Measure blood pressure around the same time in the morning and evening.
- Take reading before taking medication, food, or vigorous exercise.
- Take as advised by your doctor.
- Sit quietly when you are ready to take the reading for about 5mins (avoid distractions).
- Sit up on the chair with feet flat on the floor and relaxed. Ensure cuff is at heart level.
- Take two readings at one minute interval.
- Do not smoke, drink alcohol, or take caffeine 30 minutes before measuring BP.
- Write down readings consistently.
- Take the readings along to your doctor's appointment.

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