PATIENT NAME:
TAKE BLOOD PRESSURE ( <b>BP</b> ) CONSISTENTLY IN THE FOLLOWING MANNER:
-WHILE SITTING DOWN, PLACE ARM IN CUFF, TIGHTEN CUFF IN UPPER ARM ABOVE ELBOW.
-REST FOR 30-60 SECONDS BEFORE BEGINNING TO TAKE BP. HR (HEART RATE OR PULSE RATE)
-USE THE OPPOSITE HAND TO PRESS THE BUTTON TO TURN THE MONITOR ON TO MEASURE <b>BP.</b>
-RELAX YOUR ARM WHEN THE CUFF IS INFLATING. TENSING YOUR ARM CAN ELEVATE THE PRESSURE.
-TAKE BLOOD PRESSURE TWICE DAILY (PREFERABLY IN AM AFTER AWAKENING AND BEFORE GOING TO SLEEP
-CALL IF SYSTOLIC BP (TOP NUMBER) IS CONSISTENTLY OVER 2-4 DAYS ABOVE 140 OR IF FEELING DIZZY
-AI WAYS TAKE RP WHILE SITTING DOWN (not lying or standing unless instructed to do so)

Blood pressure readings are usually never the same.

		MORNING			BP MEDICATIONS (name and time taken)			NOON	or AFTERN	IOON	EVENING		
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		MORNING			NOON			AFTERNOON			EVENING/BEDTIME		
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	MORNING			NOON			AFTERNOON			EVENING/BEDTIME			
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