PATIENT NAME: _____ Date of birth _____

TAKE BLOOD PRESSURE (**BP**) 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 **BP.**
-**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
-**ALWAYS TAKE BP 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 AFTERNOON			EVENING		
DATE	WT	TIME	BP	HR	TIME	MED1	MED 2	TIME	BP	HR	TIME	BP	HR

		MORNING			NOON			AFTERNOON			EVENING/BEDTIME		
DATE	WT	TIME	BP	HR	TIME	BP	HR	TIME	BP	HR	TIME	BP	HR

		MORNING			NOON			AFTERNOON			EVENING/BEDTIME		
DATE	WT	TIME	BP	HR	TIME	BP	HR	TIME	BP	HR	TIME	BP	HR