

7 Day Home Blood Pressure Log

Fill this sheet in by hand and bring it to your next visit along with your monitor. Before each check: avoid smoking, caffeine, and exercise for 30 minutes, empty your bladder, and rest quietly for 5 minutes. Sit with your back supported, feet flat, and your arm supported at heart level with the cuff on bare skin. Take two readings one minute apart and write both down. Your provider may recommend a different schedule.

Day	Date	Morning				Evening				Notes
		Time	Reading 1 SYS / DIA	Reading 2 SYS / DIA	Pulse	Time	Reading 1 SYS / DIA	Reading 2 SYS / DIA	Pulse	
Day 1			/	/			/	/		
Day 2			/	/			/	/		
Day 3			/	/			/	/		
Day 4			/	/			/	/		
Day 5			/	/			/	/		
Day 6			/	/			/	/		
Day 7			/	/			/	/		

Arm used (circle one): Left Right Readings also saved in monitor memory (circle one): Yes No

When to get help. The American Heart Association advises that if a reading is higher than 180/120, wait at least one minute and test again. If it is still that high, contact your health care professional right away. If a reading above 180/120 comes with chest pain, shortness of breath, back pain, numbness, weakness, a change in vision, or difficulty speaking, call 911. Keep taking your medications as prescribed and talk with your provider before making any changes.

Internal Medicine MD | Trinity office (727) 997-1635 | Hudson office (727) 605-3000 | internalmedicinehealth.com. This sheet is general health information and is not a substitute for advice from your own provider.