

Self-measured blood pressure monitoring at home – flow sheet

Name: _____ Date of birth: _____

Instructions for self-measured blood pressure at home

Decide with your doctor or care team if you should use this form. You may not need to use it if your blood pressure device is able to store your readings and you are able to share those readings with your clinician.

(See “Self-measured blood pressure at home” handout for additional information.)

Rest for five minutes before measuring the first blood pressure

1. Take at least two measurements each time you check your blood pressure and write them down. Wait at least one minute between each measurement.
2. Write any factors you feel may have affected your blood pressure in the comments section.
3. Do this two times a day—once in the morning and once in the evening.
4. Give these numbers to your doctor or clinical office staff in person, during a telephone call or through secure computer messaging.

Morning				Evening		
Date	#1	#2	Comments/average	#1	#2	Comments/average
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Morning				Evening		
Date	#1	#2	Comments/average	#1	#2	Comments/average
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

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Always measure accurately

- Avoid checking your blood pressure if you have eaten a big meal, exercised, smoked, used caffeine or taken decongestants in the past 30 minutes.
- If you need to use the bathroom, do so before you begin.
- Sit quietly for five minutes in a comfortable position.
- Sit in a chair with your back supported.
- Sit with your legs uncrossed and your feet flat on the floor. Use a step stool if necessary to make sure you support your feet on a flat surface.
- Support your arm on a table or other surface at heart level.

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How to use this log:

Take your blood pressure as directed by your doctor.

Write down the date and time of your blood pressure measurement in the appropriate column.

Write the top number of your blood pressure reading in the "systolic" column.

Write the bottom number of your blood pressure reading in the "diastolic" column.

Bring this log with you to your doctor visits or communicate the results by telephone or computer.



Self-measured blood pressure patient log



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