

Home Blood Pressure Log

Check your blood pressure and heart rate; write down the readings and time of day.

For 4 days, check it 3 times in a row before your morning medications and 3 times in a row before your evening medications.

Once you are ready to begin, try to relax by counting to 60. Press the start button. Count to 30 between each recording. The machine will remember your values so wait to write them down until all 3 measurements have been taken.

<u>Day</u>	<u>Morning</u>	<u>BP & Pulse</u>	<u>Evening</u>	<u>BP & Pulse</u>
Example	<u>6:40 am</u>	<u>146/87 P62</u>	<u>9:30 pm</u>	<u>151/63 P34</u>
1)	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
2)	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
3)	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
4)	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Correctly Checking Your Blood Pressure

Buy a machine with a cuff that goes around the upper arm and not the wrist. Ask your doctor to make sure the cuff is not too small. Not all blood pressure machines are accurate but these are. The more expensive units have extra features but the simpler ones are fine. Your machine should be brought to your doctor yearly to be checked for accuracy. I have no financial relationship with the manufacturers of these units.



To take a blood pressure reading correctly, go into a quiet room. Sit in a chair with your feet flat on the ground and back supported. Your arm should be at heart level (not by your side) and supported (don't hold it in the air). Resting your arm on the kitchen table is often a good height. Put the blood pressure cuff on and try to relax for 1 minute before pressing the button. Remain quiet. Take multiple readings and wait 30 seconds between each one. The machine will record the values so you can write them down afterwards.



Omron 3 Series (\$29 on Amazon)



Omron 5 Series (\$40 on Amazon)