

BLOOD PRESSURE LOG

DATE	TIME	BLOOD PRESSURE systolic/diastolic	HEART RATE pulse	NOTES <i>*comments or medications</i>
<i>example: 5/6/20</i>	<i>9:05 am</i>	<i>137/87</i>	<i>68</i>	<i>Lisinopril</i>

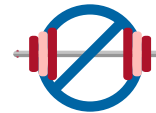
* Include medications and dosages prescribed by your healthcare provider

| PATIENT RESOURCE |

HOW TO TAKE YOUR BLOOD PRESSURE

STEP 1:

30 minutes BEFORE taking your blood pressure



DON'T EXERCISE



DON'T BATHE OR SHOWER



DON'T SMOKE OR USE TOBACCO



DON'T DRINK CAFFEINE
(coffee, pop, tea)

STEP 2:

5-10 minutes BEFORE taking your blood pressure



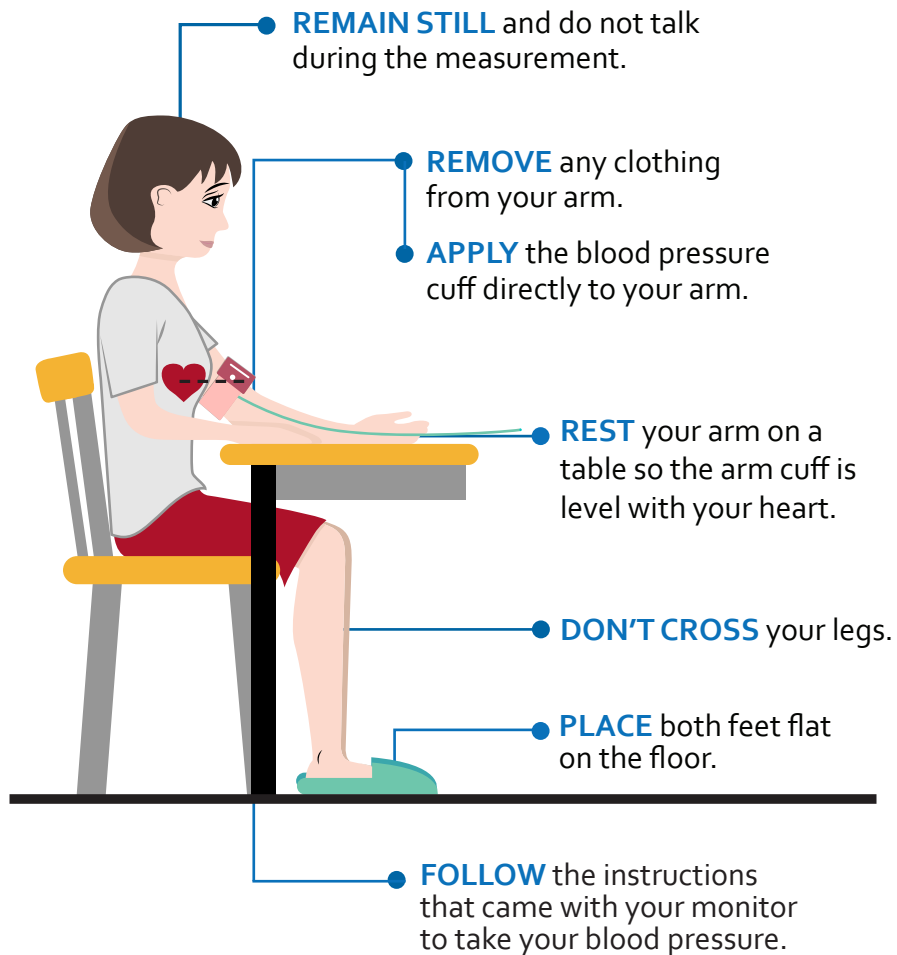
DO USE THE RESTROOM



DO SIT CALMLY IN A QUIET ROOM.
LEAN BACK AND RELAX.

STEP 3:

Taking Your Blood Pressure



For additional instructions, please refer to your blood pressure monitor's operating manual.

STEP 4:

After Taking Your Blood Pressure

- **WRITE** your blood pressure reading on your Blood Pressure Log. (Log provided on the back)
- A single measurement does not provide an accurate indication of your blood pressure. You need to record several readings over a period of time.
- **FOLLOW** your care provider's instructions for how frequently and for how long you will record your blood pressure readings at home.

Enter your target blood pressure here:

*Your target blood pressure is determined by your care provider.

