

**Cathy J. Berry, MD & Associates**  
**Home Blood Pressure Log**

**Name:** \_\_\_\_\_ **Account Number:** \_\_\_\_\_

- \*Patients on blood pressure medications should be checking AFTER medications.
- \*Call the office with BP readings greater than 160/110
- \*Patients should refrain from caffeine and tobacco for at least 30 minutes prior to reading.
- \*Patients should be at rest SITTING for at least 5 minutes prior to blood pressure reading.
- \*Blood pressure should be checked twice daily. Once upon rising in the morning and once in the evening, unless instructed otherwise or feeling unwell.

[illegible]