

## Blood Pressure Log

Monitoring your blood pressure over time is an important step in managing your condition and allowing us to recommend the best treatment plan for you.

## **Instructions:**

NAME: DOB:

- -Wrist and finger monitors are not recommended because they yield less reliable readings.
- -Choose a cuff with an appropriate bladder size matched to the size of the arm. Bladder width should be close to 40% of arm circumference and bladder length should cover 80%-100% of arm circumference. Select the cuff size as recommended by its manufacturer.
- -Rest comfortably with legs uncrossed for 5 minutes in the seated position with back support. Be as still as possible. Legs should be flat on the floor.
- -The cuff should be applied just above the elbow of the non-dominant arm unless the systolic BP (top number) difference between the arms is more than 10mm Hg, in which case the arm with the highest value obtained should be used.
- -The arm should be bare and resting on a surface with the BP cuff at heart level.
- -Measurement should be performed before breakfast, before taking any medications, and 2 hours after dinner.
- -Avoid caffeine or tobacco 60 minutes and exercise 30 minutes prior to measurement.
- -For the purposes of maintaining a BP diary, two consecutive measurements should be performed in each, the morning and the evening, for pre-defined amount of time and the result of each pair averaged and recorded.

Date	AM	PM

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