

At-Home Blood Pressure Record

To better control your high blood pressure, monitor your blood pressure at home. **By checking your blood pressure twice daily for one week only before your next appointment, you help your doctor determine if your treatment is working.**



Home monitoring is not a substitute for regular visits to your doctor.
If you take a medicine to lower your blood pressure, don't stop taking it without talking to your doctor.

Instructions

- Measure twice a day—in the morning when you wake up and evening before going to bed.
- Take your measurement at about **the same time every day**.
- For best results, use an upper arm cuff only (wrist-based machines are not accurate).
- Sit down and relax with both feet on the floor—do not cross your legs.
- Rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Make sure your back is supported and wait about 2 minutes before starting.

Record your blood pressure on this sheet and show it to your doctor at every visit. Even if you miss taking a few readings, please bring everything you have to your appointment.

	MORNING		EVENING	
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Average of above				