

## BLOOD PRESSURE LOG INSTRUCTIONS

**Your provider has asked you to keep a log of your home blood pressure (BP) readings.**

**For the next 2 weeks, write down your BP readings following these instructions:**

1. Purchase a blood pressure machine with an arm cuff that is the right size for you. Cuffs that are too small or too big will not be correct all of the time.
2. Bring your machine and cuff to the clinic to make sure it's working.
3. Measure your BP two times a day. Check it once in the morning, and once in the evening.
4. Do not check your BP within 1/2 hour of eating.
5. Before you measure your BP, sit quietly in a chair, feet flat on the floor, back supported for 5 minutes. Rest your arms on a table or the arm of your chair.
6. Take 2 readings, 2-3 minutes apart to make sure the results are accurate. Write down the readings on the chart on the back side of this page, as well as your heart rate.

**After you have completed 2 weeks of BP monitoring, please mail, fax or upload your BP log to MyChart.**

**BLOOD PRESSURE LOG ON REVERSE SIDE**

