

Patient:

DOB:

Home Blood Pressure Record

Instructions:

Please sit or lie down for 5 minutes prior to measurement of your blood pressure. Check blood pressure twice in the morning and twice in the evening. Blood pressure readings should be done in either the lying or seated position and the two blood pressure readings should be done within a few minutes of each other. Measurements should be done at roughly the same time each morning and evening. The blood pressure readings should be recorded for the 7-8 days prior to your visit to your cardiologist as well as your referring doctor. Please bring the completed form to your next visit. An average reading less than 130/80mmHg is recommended.

Date		Morning		Evening	
Day 1	Reading 1	/	mmHg	/	mmHg
Day 1	Reading 2	/	mmHg	/	mmHg
Day 2	Reading 1	/	mmHg	/	mmHg
Day 2	Reading 2	/	mmHg	/	mmHg
Day 3	Reading 1	/	mmHg	/	mmHg
Day 3	Reading 2	/	mmHg	/	mmHg
Day 4	Reading 1	/	mmHg	/	mmHg
Day 4	Reading 2	/	mmHg	/	mmHg
Day 5	Reading 1	/	mmHg	/	mmHg
Day 5	Reading 2	/	mmHg	/	mmHg
Day 6	Reading 1	/	mmHg	/	mmHg
Day 6	Reading 2	/	mmHg	/	mmHg
Day 7	Reading 1	/	mmHg	/	mmHg
Day 7	Reading 2	/	mmHg	/	mmHg
Day 8	Reading 1	/	mmHg	/	mmHg
Day 8	Reading 2	/	mmHg	/	mmHg