Canberra heart clinic

Dr Christopher Allada	Interventional Cardiologist
Dr Kris Nowakowski	Imaging Cardiologist
Dr Ala Mustafa	Paediatric Cardiologist
Dr Jaydeep Mandal	General Physician
Dr Davinder Pal Singh	General Cardiologist

Full Name: **DOB:**

DIZZINESS BLOOD PRESSURE RECORD

Instructions:

Seating and immediate blood pressure measurments on standing should be recorded when you are well and overleaf when you are dizzy. Please then average systolic (top number) and diastolic (bottom number) readings for seated and standing readings.

WELL (NOT DIZZY)

Date	Time	Seated		Standing	
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
Average		/	mmHg	/	mmHg

Canberra Heart Clinic: Deakin
Lidia Perin Medical Centre
Suite 1, 12 Napier Close, Deakin, ACT, 2600
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Phone: (02) 6162 1886 Fax: (02) 6162 1887

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If you are unwell (dizzy) in addition to seated and standing blood pressure readings you can also record you heart rate and rhythm if you have access to an ECG recording device on your smart watch, your fitness device or your Kardia 6L device. If you have access to a blood glucose machine you can also assess your blood sugar levels when you are dizzy. Please then average systolic (top number) and diastolic (bottom number) readings for seated and standing measurements.

UNWELL (DIZZY)

Date	Time	Seated		Standing	
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
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		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
		/	mmHg	/	mmHg
Average		/	mmHg	/	mmHg

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