

Full Name:

DOB:

DIZZINESS BLOOD PRESSURE RECORD

Instructions:

Seating and immediate blood pressure measurements 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

If you are unwell (dizzy) in addition to seated and standing blood pressure readings you can also record your 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
		/ mmHg	/ mmHg
		/ mmHg	/ mmHg
		/ mmHg	/ mmHg
		/ mmHg	/ mmHg
		/ mmHg	/ mmHg
		/ mmHg	/ mmHg
		/ mmHg	/ mmHg
		/ mmHg	/ mmHg
Average		/ mmHg	/ mmHg