

Before you start: getting an accurate reading

1 Rest first

Sit quietly for 5 minutes before the first reading. No talking, phone, or TV.

2 Sit right

Back supported, feet flat on the floor, legs uncrossed. Rest your arm on a table so the cuff is at heart level.

3 Bare arm, right cuff

Cuff on bare skin, not over a sleeve. The cuff size should match your upper-arm measurement (it's printed on the cuff).

4 Avoid the usual suspects

No caffeine, exercise, or smoking for 30 minutes before. Empty your bladder first.

5 Two readings, a minute apart

Take two readings about 1 minute apart and write both down. Do this morning and evening.

6 Same arm, same times

Use the same arm each time, and measure at about the same times each day.

7 Morning timing

Within an hour of waking, after the bathroom, before breakfast and before blood pressure medication.

8 When to get help

A reading of 180/120 or higher: wait a few minutes and recheck. If it's still that high, call your doctor. With chest pain, shortness of breath, weakness, or trouble speaking, call 911.

Home blood pressure log

Morning and evening, two readings each, about 1 minute apart. Write both, then the average. Bring all pages to your appointment.

Name _____ Arm used (L / R) _____ Cuff (upper arm / wrist) _____ Week starting _____

Day / date	MORNING (before medication, food, coffee)			EVENING (before bed)			Notes missed dose, symptoms, caffeine
	Reading 1 sys / dia pulse	Reading 2 sys / dia pulse	Average sys / dia	Reading 1 sys / dia pulse	Reading 2 sys / dia pulse	Average sys / dia	
Day 1 _____	/	/	/	/	/	/	
Day 2 _____	/	/	/	/	/	/	
Day 3 _____	/	/	/	/	/	/	
Day 4 _____	/	/	/	/	/	/	
Day 5 _____	/	/	/	/	/	/	
Day 6 _____	/	/	/	/	/	/	
Day 7 _____	/	/	/	/	/	/	

7-day averages

Many protocols skip day 1, then average everything else.

Morning

/

Evening

/

All readings

/

Home blood pressure log

Morning and evening, two readings each, about 1 minute apart. Write both, then the average. Bring all pages to your appointment.

Name _____ Arm used (L / R) _____ Cuff (upper arm / wrist) _____ Week starting _____

Day / date	MORNING (before medication, food, coffee)			EVENING (before bed)			Notes missed dose, symptoms, caffeine
	Reading 1 sys / dia pulse	Reading 2 sys / dia pulse	Average sys / dia	Reading 1 sys / dia pulse	Reading 2 sys / dia pulse	Average sys / dia	
Day 1 _____	/	/	/	/	/	/	
Day 2 _____	/	/	/	/	/	/	
Day 3 _____	/	/	/	/	/	/	
Day 4 _____	/	/	/	/	/	/	
Day 5 _____	/	/	/	/	/	/	
Day 6 _____	/	/	/	/	/	/	
Day 7 _____	/	/	/	/	/	/	

7-day averages

Many protocols skip day 1, then average everything else.

Morning

/

Evening

/

All readings

/