My Blood Pressure Log

Name:	
My blood pressure goal:	mm Hg
Doctor's instructions:	
Some over-the-counter medications can affect you doctor first.	ır blood pressure so it's important to talk with your

Recommendation for taking blood pressure:

- Measure your blood pressure based on your doctor's instructions.
- For best results:
 - o Relax for about five minutes before taking your blood pressure.
 - o Sit in an upright position, back supported, with both feet flat on the floor.
 - o Rest your arm so the blood pressure cuff is at heart level.
 - With the cuff on your bare arm, make sure the bottom of the cuff is directly above the bend of the elbow.
- Record your blood pressure, prescription medication and over-the-counter medication in the table below. If any new symptoms arise notify your doctor right away.

Date	Time	Blood Pressure	Medication name	Medication Dose/Time	Notes