

Self-measured blood pressure monitoring at home – flow sheet

Name: _____ Date of birth: _____

Instructions for self-measured blood pressure at home

Decide with your doctor or care team if you should use this form. You may not need to use it if your blood pressure device is able to store your readings and you are able to share those readings with your clinician.

(See “Self-measured blood pressure at home” handout for additional information.)

Rest for five minutes before measuring the first blood pressure

1. Take at least two measurements each time you check your blood pressure and write them down. Wait at least one minute between each measurement.
2. Write any factors you feel may have affected your blood pressure in the comments section.
3. Do this two times a day—once in the morning and once in the evening.
4. Give these numbers to your doctor or clinical office staff in person, during a telephone call or through secure computer messaging.

Date	Morning			Evening		
	#1	#2	Comments/average	#1	#2	Comments/average
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Date	Morning			Evening		
	#1	#2	Comments/average	#1	#2	Comments/average
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Always make sure you know what to do should you have a blood pressure measurement that is outside the pre-determined acceptable range or if you experience any symptoms with a high or low blood pressure measurement, including seeking emergency treatment if appropriate.

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