

TAKING YOUR BLOOD PRESSURE AT HOME



- 1- Make sure you are sitting quietly
- 2- Take your blood pressure at the times indicated
 - Take your blood pressure 3 times in a row, waiting for one minute between each measurement:
 - > in the morning, before breakfast
 - > in the evening, after your evening meal
 - Take your blood pressure 3 days in a row
 - Write down the result each time on the record sheet
 - This makes a total of 18 measurements over the 3 days
 - Ideally, do this 2 weeks in a row

3- When taking your blood pressure at home, it should be below 135/85

135
85

You should record your blood pressure in this way before every doctor's appointment

BLOOD PRESSURE RECORD SHEET

Surname: _____
 First name: _____
 All measurements were taken: _____ to _____
 Date: _____

Take your blood pressure 3 times in a row, on the same arm, morning and evening, for 3 days in a row

BLOOD PRESSURE TARGET ≤ 135/85

	MORNING			EVENING		
	Systolic (1 st number)	Diastolic (2 nd number)	Pulse	Systolic (1 st number)	Diastolic (2 nd number)	Pulse
DAY 1						
1 st measurement						
2 nd measurement						
3 rd measurement						
DAY 2						
1 st measurement						
2 nd measurement						
3 rd measurement						
DAY 3						
1 st measurement						
2 nd measurement						
3 rd measurement						
Systolic Average 18 measurements		Diastolic Average 18 measurements		Blood pressure monitor		
				Make: _____ Model: _____ Wrist <input type="checkbox"/> Arm <input type="checkbox"/>		


 Women's Cardiovascular Healthcare Foundation


