Blood Pressure Log

Patient Name _____

Instructions: Please take blood pressure daily in the left arm, unless otherwise instructed. Prior to taking, please sit quietly for 5 minutes. Please record both the systolic reading (top number), the diastolic reading (bottom or lower number), and the pulse. Do not repeat measurements unless there is an "error" message. Call if systolic blood pressure is > 170 x three readings or diastolic is >100 for 3 readings. Call immediately for any systolic reading >200 or diastolic reading >120. Please average every ten readings. Fax results to 212-230-1359 when requested log period is completed or bring this sheet to you at the next appointment. Your blood pressure machine should be brought to the office once a year to be checked for accuracy.

Date/time	symptoms	Systolic BP	Diastolic BP	Pulse (HR)
AVERAGE	----------			
AVERAGE	----------			

AVERAGE	----------			
AVERAGE	----------			
AVERAGE	----------			
AVERAGE	----------			