



HEART & VASCULAR SPECIALISTS, PC

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Blood Pressure Log

It's a great idea to measure your blood pressure consistently at the same times each day, such as in the morning and late afternoon, for more accurate readings. Here's a simple guide to ensure you're doing it correctly:

1. Choose Consistent Times:

- **Morning:** Take your blood pressure about 30 minutes after waking up, before eating or drinking anything, and before taking any medications.
- **Late Afternoon:** Take it at the same time each day, such as around 4–6 PM, when you're relaxed.

2. Seating Position:

- **Sit comfortably** in a chair with your back supported and your feet flat on the floor.
- **Rest for at least 5 minutes** before measuring to ensure you're calm and relaxed.
- Keep your **arm at heart level**, resting on a table or armrest.

3. Measure Properly:

- **Use the correct cuff size** for your arm.
- Follow the instructions on your blood pressure monitor for accurate readings.
- Try to **avoid talking or moving** during the measurement.

4. Record Your Results:

- **Take two readings** and average them for a more reliable result.
- Track your readings to share with your healthcare provider.

Date	Time	AM Blood Pressure	AM Pulse	Time	PM Blood Pressure	PM Pulse	Notes

