



Home Blood Pressure Monitoring Instructions

- Rest for 5 minutes
- Sit in a chair with feet on floor, legs uncrossed
- Arm supported on table (upper arm at heart level)
- Use appropriate sized cuff
- Take 2 blood pressure readings, 1 minute apart each morning (6-10 am) and each evening (6-10 pm)
- Take and record blood pressures morning and evening for at least 3 days a week for 1-2 weeks
- Bring results in to next clinic appointment (write below or save in phone)

	Date (DD/MM)	BP morning #1	BP morning #2	BP evening #1	BP evening #2
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					

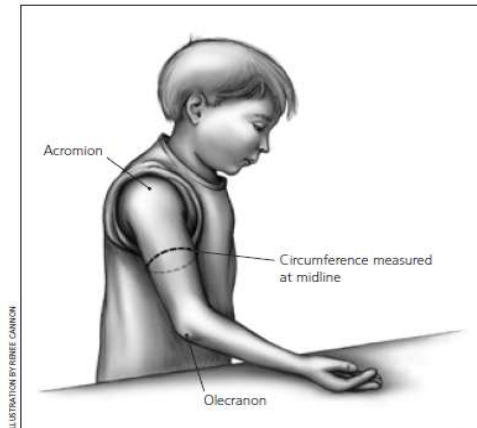
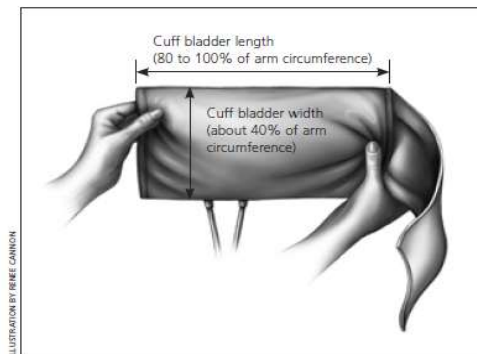


Figure 1. Arm circumference should be measured midway between the olecranon and acromial process.



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