



GUIDELINES ON HOW TO MEASURE YOUR BLOOD PRESSURE

Check your blood pressure twice a day, once in the morning before your blood pressure medications and once in the evening.

Record the top number also known the systolic pressure. Record the bottom number also known the diastolic pressure. Record the pulse. Every time you check your blood pressure check it twice, one minute apart and then record both readings for, Systolic, Diastolic and Pulse.

NOW:

Sit in a quiet place and on a chair that supports your back, and beside a table that support your arm.

Remember:

- Wait at least for two hours after a big meal.
- Wait at least half an hour after drinking coffee or any caffeinated drink, smoking or exercise.
- Empty your bladder and bowel if uncomfortable before taking a reading.
- Sit in your chair, rest and relax for 5 minutes without distractions, distractions are TV, talking or checking your smart phone, before measuring.
- Do NOT measure when you are uncomfortable, cold, anxious, stressed or in pain.
- Always keep your feet on the floor and do NOT cross your legs or ankles.
- Place the arm cuff on your bare arm. Your arm should always be at heart level. Do NOT use a wrist blood pressure machines or cuff.

The Virtual Nephrologist, INC
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MY BLOOD PRESSURE LOG

PATIENT NAME: _____ DOB: _____

MY BLOOD PRESSURE GOAL IS: _____

Check BP twice a day, once in AM before your blood pressure medications and once in the PM
 For every reading check your BP and Pulse **twice**, one minute apart and record

Sit in a quiet place and on a chair that supports your back, and beside a table that support your arm
 Wait two hours after a meal and half an hour after coffee or caffeinated drink, smoking or exercise
 Empty your bladder and bowel if needed, sit in a chair, rest-relax for 5 minutes without distractions
 Always keep your feet on the floor and do NOT cross your legs or ankles
 Place the arm cuff on your bare arm. Keep arm at heart level. Do NOT use a wrist BP monitor

WEEK 1			WEEK 2		
Date	AM	PM	DATE	AM	PM
EXAMPLE	120/72 58	116/78 68	EXAMPLE	120/72 58	116/78 68
6/1/2020	124/74 60	118/80 70	6/8/2020	124/74 60	118/80 70
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Two weeks before your appointment with your healthcare provider, start checking and recording BP
 Bring this Log to your provider for appointment. **DO NOT RELY ON OFFICE BP READING ONLY**

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MY BLOOD PRESSURE LOG

PATIENT NAME: _____

DOB: _____

Date	AM	PM		DATE	AM	PM
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