Home Blood Pressure Log

This page is for your home weeks (Chapter 2). Bring it, or your cuff's memory, to every visit.

Why I'm doing this: _____

My current change (from Chapter 27): _____

My goal home average, set with my doctor: _____ / _____

Call my doctor within a week or two if my home-week average is above: _____ / _____

My plan for low readings (with and without symptoms): _____

Before each reading

- No smoking, caffeine or exercise for 30 minutes. Empty your bladder.
- Sit for 5 quiet minutes, back supported, feet flat, legs uncrossed. No talking, no phone.
- Cuff on your bare upper arm, arm resting on a table at heart level.
- Take **two readings, 1 minute apart,** and write down both.
- Morning readings before breakfast and coffee. Evening readings at about the same time each day.

Your home week

Home week of: _____ Cuff and arm used: _____

Day	Morning reading 1	Morning reading 2	Evening reading 1	Evening reading 2	Standing, if dizzy (optional)	Notes (missed pills, coffee, poor sleep, feeling ill, a drink last night)
1	/	/	/	/	/	
2	/	/	/	/	/	
3	/	/	/	/	/	
4	/	/	/	/	/	
5	/	/	/	/	/	
6	/	/	/	/	/	
7	/	/	/	/	/	
8 (only if you skip day 1)	/	/	/	/	/	

How to average. Add up all the top numbers and divide by how many readings you took. Do the same for the bottom numbers. The first day often runs a little high, so your doctor may ask you to leave it out and add an eighth day instead. If a full week is too much, 3 days still tells you most of what you need.

This week's average: top _____ / bottom _____

The "standing" column is only for days you feel dizzy: take a seated reading, stand for 1 minute, take another and write it down. Don't count it in your average (Chapter 3).

At 130/80, home and office numbers line up. A home average of 135/85 matches an office reading of 140/90.

Every home week, side by side

Date	Home average	Office reading	Weight	Notes (what I changed, what slipped, questions for my doctor)
	/	/		
	/	/		
	/	/		
	/	/		
	/	/		

Compare averages, not single readings. One reading can land about 10 points above or below your usual (Chapter 2), so look for a change in the average that shows up again at the next home week.

If a reading is over 180 on top or over 120 on the bottom, wait at least 1 minute and check again. If it's still that high and you have chest pain, shortness of breath, back pain, numbness, weakness, a change in vision or trouble speaking, **call 911.** Call 911 for any sign of a stroke, whatever the cuff says, including sudden confusion, a drooping face or a sudden, severe headache. With a high reading and none of those symptoms, contact your doctor's office as soon as possible (the on-call line after hours). If you can't reach a person or get seen that day, go to urgent care (Chapter 3).

Call your doctor if you feel dizzy or faint when you stand, if your averages run below the range your doctor set, or if you're unsure what your weekly average means (Chapter 3).