



HOME BLOOD PRESSURE MONITORING

Make sure to Google Search: **Hypertension Canada Lifestyle** to read “What Can I Do” to help lower your blood pressure naturally and learn about what things may be raising your blood pressure!

WHEN TO MEASURE:

- Your blood pressure should be measured on the same arm each time - usually the one you don't use to write with. If your blood pressure is higher in one arm than the other, use the one with the HIGHER pressure
- Measure in the morning before breakfast and once again before dinner time on the same day
- Try to measure at least twice a week
- You can also check your blood pressure if you are feeling unwell such as lightheaded – make a note of what the symptoms are that you felt at the time

BEFORE:

- Avoid caffeine, tobacco products and exercise for at least 30 minutes before measuring your blood pressure
- Sit still for at least 5 minutes with your back supported by a chair and your feet flat on the floor, legs should not be crossed
- Rest your arm on a flat surface so your arm is mid chest level (such as on a kitchen table or counter)

DURING:

- Take 3 measurements in a row and only write down the second and third readings (the first one is often high and is less accurate)
- Write down the top (systolic) and bottom (diastolic) blood pressure number and the heart rate using the example below (a full blank log book is on the back of this form)

DATE	TIME (AM)		TIME (PM)		Notes (Medication Changes or symptoms)
	BP	HR	BP	HR	
Jan 18	136/92	65	127/85	82	Ramipril doubled to 1 in morning and 1 at night
	128/85	61	123/75	73	

Please submit your logbook at least 3 business days before your doctors appt by:
Fax: 250-762-8337 Email: patient@okheart.ca or bring to the Cardiology Office

