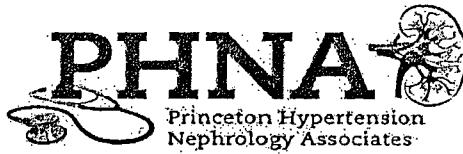




PLEASE COMPLETE BEFORE YOUR APPOINTMENT



Princeton Junction Professional Center
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Blood Pressure Log

Directions: Please record your blood pressure readings and heart rate twice a day for 7 days before your next visit. Then average your blood pressure and heart rate at the bottom.

Table with columns: Patient Name, Date, Day, Date, Time, Blood Pressure, Heart Rate, Symptoms/Activities. Includes rows for 7 days and an average row.

HOME BP INSTRUCTIONS

- Use an AUTOMATIC ARM CUFF device such as OMRON (Series 5 or 7)
- AVOID wrist or finger devices.
- For Large arms use a large cuff size.

- Place the cuff on your dominant arm (usually the right).
- Fit the cuff so the tubing comes out slightly to the inside of the middle of your upper arm.
- Rest your arm so that the cuff is about at the level of your heart.
- Make sure your arm, back and feet are supported – no crossed legs.
- Wait about 5 minutes before starting the recording.

- If your readings have been erratic, consider taking the average of 3 readings.
- Also, if you have been feeling lightheaded or dizzy, take a second set of BP and Heart Rate readings while standing for at least 1 minute.

- Ideally, the AM reading should be 1-2 hours after breakfast time.
- The PM reading should be 1-2 hours after dinnertime.
- Include the heart rate (pulse) each time and write the values down on the reverse-page BP chart.
- If you have symptoms, please write these down as well.

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