

# WOMEN'S HEALTH ASSOCIATES, LLC

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## Home Blood Pressure Log

Studies have shown that regular home blood pressure monitoring is more reliable than individual readings obtained in the office setting. These instructions will help you get the best information at home. We recommend the Omron home BP monitors, and ask that you bring your monitor in to the office for calibration with our BP cuffs so we know we are all getting numbers in the same range.

- Make sure the cuff fits: measure around your upper arm and choose a monitor that comes with the correct size cuff
- It's important to take the readings at about the same time each day
- Don't smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure
- Sit with your back straight and supported (on a dining room chair, for example, rather than a sofa). Your feet should be flat on the floor; don't cross your legs. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the middle of the cuff is placed directly over your brachial artery - we can show you how in the office
- Take one reading per day
- Call us if your blood pressure reads over \_\_\_\_\_

| <u>Date</u> | <u>Time</u> | <u>BP Reading</u> | <u>Comments</u> |
|-------------|-------------|-------------------|-----------------|
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