Lotus Wellness
Gynaecology I Obstetrics I Counselling

PATIENT INFORMATION

MY BLOOD PRESSURE LOG

INSTRUCTIONS:

Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.

For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.

When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.

Record your blood pressure on this sheet and show it to your doctor at every visit.

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NAME:

DATE	TIME: AM	BLOOD PRESSURE	DATE	TIME: PM	BLOOD PRESSURE