



Family Physicians
of Laramie

Patient Name: _____

Date of Birth: _____

Provider: _____

Blood Pressure Log

DATE	AM BLOOD PRESSURE	AM PULSE	PM BLOOD PRESSURE	PM PULSE

Home Blood Pressure Monitoring Protocol:

- Use a cuff of the correct size & appropriate positioning & technique
- Measure home blood pressure 6 times per day for 5 consecutive days: Perform 3 morning & 3cutive measurements; Perform measurements approximately 1 minute apart without removing the cuff
- Record dates & times of all measurements (or preferably use an electronic device to record measurements)
- Discard the measurements for the first 2 days & discard the first measurement of each set of three
- Average the remaining measurements

Recommend Omron upper arm blood pressure cuff

Walmart \$20-\$40

Lifestyle Modification Recommendations:

- Weight Loss
- Regular Exercise
- DASH Diet
- Reduce Dietary Sodium
- Reduce Alcohol Intake

Ways to Help Control Blood Pressure:

Eat a heart-healthy diet that includes potassium and fiber.

Limit alcohol consumption to one drink a day for women, two a day for men.

Drink plenty of water.

Limit salt consumption to less than 1,500 mg per day.

Exercise regularly.

Try to avoid stress.

Don't smoke.

Maintain a healthy body weight.