



HYPERTENSION LOG

Several factors can influence blood pressure readings. Here are some guidelines to follow:

- Sit still and rest for five minutes before taking your pressure.
- While taking your blood pressure, sit with your back supported and your legs uncrossed. Put your feet flat on the floor.
- Ensure your arm is supported and resting at the same level as your heart.
- Make sure the blood pressure cuff is the right size. A cuff that is too tight may result in inaccurate readings. Ask your pharmacist to help you choose a cuff that properly fits your arm.
- Avoid smoking, and avoid drinking tea, coffee, energy drinks, or caffeinated beverages 30 minutes prior to taking your blood pressure.

This health content is for information purposes only. The information in no way replaces a consultation with a health care professional. All medication and treatment decisions must be made with a health care professional.

My target blood pressure is ____ / ____ mmHG.

I use my ☐ right arm ☐ left arm

[illegible]