



BLOOD PRESSURE logbook

Personal information

First name(s): _____ Name(s): _____

Disease(s): _____

Pharmacy: _____ Tel.: _____

Family physician: _____ Tel.: _____

Specialist doctor: _____ Tel.: _____

In case of emergency: _____ Tel.: _____

Drugs, vitamins, supplements and natural health products

Drugs / Product	Dose	Time of day	I take it for:





My blood-pressure targets are: — / — mm Hg

High blood pressure increases the risk of cardiovascular disease, stroke and kidney disease. **It is difficult to determine the exact cause of high blood pressure.** While dietary changes do not replace medication, they can increase the effectiveness of your treatment and reduce your risk of cardiovascular disease.

Monitoring your blood pressure at home is complementary to the clinical measurements performed by a health professional. Home measurements tell you if your blood pressure is higher **in the presence of health professionals or when done in the doctor's office**, for instance. The figures you get at home may provide a **more realistic picture of your blood pressure.**

Why should I measure my blood pressure at home?

Date	Time of day	Arm	Systolic	Diastolic	Pulse	Comment

My target values of — / — mm Hg.





SITTING POSITION

DO NOT SPEAK BEFORE OR DURING THE MEASUREMENT

QUIET AND COMFORTABLE ENVIRONMENT

Back supported

Arm at heart level

Arm supported

Legs uncrossed

Feet flat on the ground



My target values of _____ / _____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							





Several factors can influence your pressure during monitoring. Here are some things to keep an eye on*:

- Rest for five minutes, sitting calmly, before measuring your blood pressure.
- When measuring your blood pressure, sit squarely with your back supported, knees forward and feet flat on the floor.
- Press your arm against a surface at heart level.
- Use an appropriately sized cuff. One that is too small may increase your blood pressure.
- Consult your pharmacist for the correct size.
- Don't smoke or drink coffee, tea, energy or caffeinated drinks 30 minutes before the measurement.

*This information is provided for information purposes only and does not in any way replace the advice or guidance of your healthcare professionals. Always consult a healthcare professional before making a decision about your medication or treatments.

Here's how to fill in your logbook:

- Rest for five minutes, sitting calmly.
- Enter the date.
- Record the systolic pressure measurement.
- Record the diastolic pressure measurement.
- Record your pulse.
- If necessary, add comments.

My target values of _____ / _____ mm HG.

Date	Time of day	Arm	Systolic	Diastolic	Pulse	Comment





My target values of _____ / _____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

My target values of _____ / _____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							





My target values of _____ / _____ mm HG.

Date	Time of day	Arm	Systolic	Diastolic	Pulse	Comment

My target values of _____ / _____ mm HG.

Date	Time of day	Arm	Systolic	Diastolic	Pulse	Comment





My target values of _____ / _____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

My target values of _____ / _____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							



Comment	Pulse	Diastolic	Systolic	Arm	Time of day	Date	

My target values of _____ / _____ mm HG.

Comment	Pulse	Diastolic	Systolic	Arm	Time of day	Date	

My target values of _____ / _____ mm HG.





My target values of _____ / _____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

My target values of _____ / _____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

