

Ambulatory Blood Pressure Monitor Patient Journal

NAME: _____ What time did you go to sleep?: _____

DATE: _____ What time did you wake up?: _____

Managing your BP properly goes a long way toward keeping you healthy for the rest of your life. You can assist your doctor in understanding your BP by using this patient diary to keep track of these measurements.

INSTRUCTIONS:

Each time the cuff inflates while you are awake, relax your arm by your side. After the cuff has deflated, mark your diary as follows:

- Fill in the correct time shown on the display.
- Use a check to mark the best answer to each of the three questions.

IMPORTANT:

- To stop a reading in progress, press the Start/Stop button and the cuff will automatically deflate.
- Be sure to keep the monitor in its case.
- Do not get the unit wet.
- Do not drop the unit.

What time is it?									
Where are you?									
Home									
Work									
Other									
What are you doing?									
Sitting									
Standing									
Lying Down									
Talking									
Relaxing									
Eating									
Walking									
Driving									
Feeling Stressed									
Other									
Symptoms?									
None									
Headache									
Dizziness									
Heart Flutters									
Other									

Physician Contact

Medication	Dose	Time

Comments

