Lemon-AID
Medical Management

BLOOD PRESSURE LOG

Bring this log to every visit. Readings taken at home over several days are a better picture of your blood pressure than a single reading in the office, and they are what we use to decide whether your medication needs to change.

Name of Patient (Printed) _____

Date of Birth _____

My blood pressure goal _____ / _____

HOW TO TAKE AN ACCURATE READING

A reading taken the wrong way can be off by 10 to 20 points — enough to change your treatment.

- For 30 minutes before: no caffeine, tobacco, or exercise, and empty your bladder. Then sit quietly for 5 minutes — no phone, no talking.
- Back supported, feet flat, legs uncrossed, arm resting on a table at heart level, cuff on bare skin.
- Stay quiet while the machine runs. Take two readings a minute apart and write both down.
- Check at the same times each day, and bring your monitor in once a year so we can check it against ours.

BLOOD PRESSURE RECORD

Date	Time	Reading 1	Reading 2	Pulse	Notes (symptoms, missed dose, stress, illness)
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		
		____ / ____	____ / ____		

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WHEN TO CALL US

CALL THE OFFICE

- Readings above your goal on most days for a week or more
- Readings consistently below 90 / 60, or dizziness or faintness when you stand up
- Side effects from your blood pressure medication, or missed doses you are unsure how to restart

SEEK EMERGENCY CARE — CALL 911

A reading of 160 / 100 or higher is a hypertensive crisis. Rest for five minutes and repeat the reading. If it is still 160 / 100 or higher, call 911 — do not wait, and do not drive yourself.

- Chest pain or pressure, or pain spreading to the arm, back, neck, or jaw
- Shortness of breath, or sudden severe back pain
- Weakness or numbness on one side, trouble speaking, or a sudden severe headache
- Sudden change in vision, confusion, or difficulty staying awake

Reviewed with patient by: _____ Date: _____ / _____ / _____

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