Blood pressure log

Only if the doctor or nurse asked you to keep a record. Fill in the box with them, in their words. Write every reading on its own line, exactly as the monitor shows it.

The doctor's instructions	
Name	
How often and at what times (as the doctor said)	
Which arm, how many readings each time	
When to call the doctor (their words), and phone	

Date	Time	Arm (L / R)	Position	Reading (top / bottom)	Pulse	Taken by	Notes