HOME BLOOD PRESSURE LOG

SOMANZ
SOCIETY OF OBSTETRIC MEDICINE OF AUSTRALIA AND NEW ZEALAND

- Always measure your blood pressure with an accurate machine- speak to your doctor to check your machine is OK.
- Sit in a relaxed position with the cuff at heart level
- Always measure the blood pressure at least twice.
- Discard the first reading and write down the second and/or the third reading

My doctor has asked me to check my blood pressure_____ times a day /week

Date	Time	Systolic Blood Pressure (Top number)	Diastolic Blood Pressure (Bottom number)	Notes
E.g., 7/10/22	9:36am	128	75	

My doctor has asked me to _____ if the systolic blood pressure is more than _____

My doctor has asked me to _____ if the diastolic blood pressure is more than _____