Home Blood Pressure Log Sheet



Advanced Renal Care

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Why Keep Track of Blood Pressure? Having an Idea of what your blood pressure are when you are home will give you best indication of how well we are controlling it with the medications you are on

How Do I Use This? It is best to vary when you are taking your blood pressure. Take your pressure at different time of the day as well as before and 1-2 hours after your medication. It is best to take you pressure after you have been sitting down resting for 3-5 minutes. If your blood pressure is ever 200/110 or higher, **call the office**

Why Track Weight? Knowing whether your weight has gone up or down by several pounds from one day to the next helps us track if your body is holding on to too much water. If your weight goes up by more than 2-3 pounds from one day to the next or you see a steady trend in weight gain over course of a few days, call the office.

Name	Date of Birth	Ideal Blood Pressure	Baseline Weight

Date	Time	Systolic (Top Number)	Diastolic (Bottom Number)	Weight	Comments
July 15, 2011	7AM	120	70	165	Right after I woke up
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