MedPlaza Breakfast Point



15 Tennyson Rd Mortlake NSW 2137 Ph. 8765 0777 Fax. 8765 0772

web: www.medplaza.com.au email: mail@medplaza.com.au

Home monitoring of Blood Pressure for _____

Measure for 1 week
Measure first thing in the morning before breakfast and showering
Measure in the evening after a period of rest or inactivity
Take two readings about 1 minute apart

Record the lower reading - whichever set of systolic/diastolic seems lower and do not repeat measurements further.

Day	Morning reading		Evening Reading	
	Blood Pressure	Pulse	Blood Pressure	Pulse
eg. Tue	142 84	78	132 88	93
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		1	
	1		<u> </u>	