

Blood pressure self-measurement reading

Your personal information:

- Last name and first name:
- Date of Birth:
- Current treatments:

Rules for taking voltage measurements:

- Three consecutive measurements (a few minutes apart in the morning before breakfast),
- Three consecutive measurements (a few minutes apart in the morning between dinner and bedtime),
- Three days in a row,
- Enter all the numbers that appear on the screen.

1st day :						
	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Measure 1						
Measure 2						
Measure 3						
2nd day :						
	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Measure 1						
Measure 2						
Measure 3						
3rd day:						
	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Measure 1						
Measure 2						
Measure 3						
Systolic average (1)		Diastolic average (1)		Auto blood pressure monitor		
			Brand :	Model :	Wrist / arm (2)	

Necessary: show this document to the pharmacist when you come to the pharmacy and the doctor at the next consultation.

- (1) - Add all the measurements and divide by 18,
- (2) - Delete unnecessary measurements.