

# Monitor Your BLOOD PRESSURE and pulse AT HOME

Measure your blood pressure 2 to 4 times a year for 7 days (unless otherwise discussed with your health care practitioner)

In the morning: take your measurement 2 times in a row after getting up

In the evening: take your measurement 2 times in a row in the evening



Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

DAY 1 - Date:	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Reading 1						
Reading 2						

DAY 2 - Date:	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Reading 1						
Reading 2						

DAY 3 - Date:	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Reading 1						
Reading 2						

DAY 4 - Date:	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Reading 1						
Reading 2						

DAY 5 - Date:	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Reading 1						
Reading 2						

DAY 6 - Date:	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Reading 1						
Reading 2						

DAY 7 - Date:	Morning			Evening		
	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse
Reading 1						
Reading 2						

Total average: ...../.....

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## Instructions

- Measure your blood pressure twice in the morning and evening on 7 consecutive days.
- Measure at fixed times. Preferably half an hour after getting up and half an hour before going to sleep.
- Attach the cuff to the upper arm.
- Make sure you have been sitting for 5 minutes before measuring your blood pressure.
- Do not talk during the measuring.
- When measuring, sit in an upright position, legs not crossed.
- 30 minutes before measuring; no strenuous exercise, no smoking and no coffee.
- After the 1st measurement; wait 1 minute and then measure the blood pressure again.
- Always measure on the same arm (if there is a difference on the left or right: measure the blood pressure on the arm with the highest blood pressure).
- Measure your heart rate by feeling on the inside of your wrist: place 2 fingers on the inside of the wrist, count the heart rate for 30 seconds and double this number to calculate your heart rate per minute. Check that the heart rate is regular.
- Enter the date, time, systolic and diastolic pressure, heart rate and any details in the table on the form.  
**NOTE:** it's also possible (and easy!) to share your blood pressure via the internet platform from your GP; [www.mijngesondheid.net](http://www.mijngesondheid.net) for example.
- For the calculation of your average blood pressure value; you should **not include** day 1.
- If it's not possible to share your measurements via the platform ([www.mijngesondheid.net](http://www.mijngesondheid.net)): please bring the completed form to the practice, together with the blood pressure monitor you possibly borrowed.  
Don't forget to fill in your **name and date of birth**.

## Normal values

The normal target blood pressure value measured at home is 135/85.

This may be different if there are also additional disorders, or if you are over 70 years of age.

Consult with you GP/practice nurse which target value apply to you.

A normal heart rate is between 60 and 100 per minute, and regular.

If you have an irregular heartbeat 2x, or more often and are not familiar with it OR if you have complaints of palpitations, chest pain or being unwell: call your doctor.

Do you know want to know more? Look at [www.hartstichting.nl/mijnbloeddruk](http://www.hartstichting.nl/mijnbloeddruk)