



# Fill-in-form home blood pressure

A guide for measuring blood pressure at home.

Each month you measure for five-seven days the blood pressure:

- - Twice in the morning, between 6.00 and 9.00 AM;
- - Twice in the evening, between 6.00 and 9.00 PM.

The average of these measurements is used for the assessment of your blood pressure. The aim is a home blood pressure between 135/85 and 110/70. When you are under control, we advise you to continue to monitor blood pressure every 3 months.

It's important to use a validated upper arm device. How do you know if a particular brand or type is reliable? The Institute Dabl test the reliability of sphygmomanometers. The testers work with international protocols. In the overview right you'll find the through Dabl Institute approved blood pressure(upper arm). A list with reliable sphygmomanometers for sale in NL is on our website: <http://hypertensie.nl/loeddrukmeters>

Date	Measurement 1 ↓6-9 o'clock	Measurement 2 ↓6-9 o'clock	Average ↓morning↓	Measurement 1 ↓18-21 o'clock	Measurement 2 ↓18-21 o'clock	Average ↓afternoon ↓
	/	/	/	/	/	/
	/	/	/	/	/	/
	/	/	/	/	/	/
	/	/	/	/	/	/
	/	/	/	/	/	/
	/	/	/	/	/	/
	/	/	/	/	/	/
	Average measurments morning		/	Average measurments afternoon		/

Medication use or physical complaints during the days of the measurements?	Date/time