Palo Alto Medical Foundation
A Sutter Health Affiliate

PAMF # _____

Name: _____

Birth date: _____

Physician: _____

Home Blood Pressure Recordings

- Urinate before taking the reading.
- Do not drink coffee or smoke cigarettes 30 minutes before taking your blood pressure.
- Before the reading, sit for five minutes with your back supported and feet flat on the ground.
- Rest your arm on a flat surface, keeping the cuff at the level of your heart.
- Wrap the blood pressure cuff around your exposed upper arm, not over clothing.

Date	Time	Blood pressure	Pulse	Comments

Please bring or send this report to your physician. Fax: _____