

Contact Number: 888-345-4858

To ensure a reliable reading, follow these recommendations:

1. Avoid eating, smoking, and exercising for 30 minutes before taking a measurement. Rest for at least 15 minutes before taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Measurements should be taken in a quiet place.
4. Remove tight-fitting clothing from your left arm.
5. Sit in a chair with your feet flat on the floor. Rest your left arm on a table so that the cuff is at the same level as your heart.
6. Remain still and do not talk or move during the measurement.
7. Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.
8. Wait 2-3 minutes between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physiological characteristics.

Date	Time	SYC	DYA	Pulse		Date	Time	SYC	DYA	Pulse
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		
					1	1				
					2	2				
					3	3				
	Average				-	-		Average		

SYC= Systolic DYC=Diastolic

To print additional forms, visit www.quickmedical.com / See "Blood Pressure Monitors"