



14-DAY HOME BLOOD PRESSURE MONITORING CHART

Please, take your BP for 14 days, once in the morning when waking up, and once in the evening before going to sleep!

DAY COUNT	MORNING READING	EVENING READING
Day 1	/	/
Day 2	/	/
Day 3	/	/
Day 4	/	/
Day 5	/	/
Day 6	/	/
Day 7	/	/
Day 8	/	/
Day 9	/	/
Day 10	/	/
Day 11	/	/
Day 12	/	/
Day 13	/	/
Day 14	/	/

PATIENT'S NAME: _____

DATE OF BIRTH: _____

FAQs for the Patient:

- *I suspect I may have white-coat-syndrome (WCS), why should I monitor my BP for 14 days at home?*
 - Home monitoring for 14 days is useful to exclude unknown pathologies that may be mistaken for WCS, among these pheochromocytoma, non-dipper status or nocturnal HTN, autonomic dysfunction, pre-eclampsia, etc.
- *What if I do not remember to take the BP every day for 14 days or if I do not complete the full 14 days cycle?*
 - A consistent record is necessary to evaluate your possible hypertension; without a consistent record, it is not possible to make an accurate diagnosis.
- *What is the correct method for measuring my BP?*
 - Sit on the bed with both feet flat on the floor (do not cross your legs), rest for 5 minutes before starting to measure; measure your BP twice each day when you wake up in the morning, and before going to sleep in the evening.
- *I suspect that my BP is high because I rushed over to the clinic*
 - That may be the case; however, we should make sure that this is not related to other causes that in the long term may cause you life-threatening damage.