Baylor OB/ GYN Patient Blood Pressure Log

Patient's First and Last Name: _____

Blood Pressure Medication(s): _____

Date of Delivery (if postpartum): _____

Take your home blood pressure 1-2 times per day (morning and night) as instructed by your healthcare provider.

- Take your blood pressure after sitting down for at least 5 minutes with both feet on the floor.
- Please do not talk or walk while taking your blood pressure.
- If you have a wrist cuff, make sure to hold the monitor at the level of your heart.
- Record all blood pressure readings, even if they look normal.

Send your patient blood pressure log to your healthcare provider weekly via a MyChart message.

If you have any of the following symptoms, please notify the office immediately at 832-826-7500 or report to Pavilion for Women (PFW) 1st Floor Triage at 6650 Main Street, Houston, TX 77030.

- A headache that doesn't go away, or you don't feel well even after you take prescription or over-the-counter medicine, sleep, drink water, or have caffeine
- Vision changes: blurry vision, loss of vision, tunnel vision, or seeing flashing lights/spots
- Pain or breathing issues: pain underneath your right breast, or in your upper or middle belly area feeling sick to your stomach or vomiting, chest pain or shortness of breath
- Swelling: new swelling in your hands, arms, legs or feet that does not go away with rest or elevation or stays the same for more than 24 hours

If your blood pressure is at or over 140/90 twice, report it to your healthcare provider immediately via MyChart. If any of the above symptoms are also present, please go to PFW 1st floor Triage immediately.

If your blood pressure is at or over 160/110, please go to PFW 1st floor Triage immediately.

Date:	AM Blood Pressure Reading	Heart Rate	PM Blood Pressure Reading	Heart Rate
Sun:				
Mon:				
Tues:				
Wed:				
Thurs:				
Fri:				
Sat:				

Date:	AM Blood Pressure Reading	Heart Rate	PM Blood Pressure Reading	Heart Rate
Sun:				
Mon:				
Tues:				
Wed:				
Thurs:				
Fri:				
Sat:				