

Summit Medical Clinic

319 15th Ave N. P.O. Box 969
Creston BC V0B 1G0

**Starting one week before your next routine appointment with your doctor,
take your blood pressure at home:**

- Every morning BEFORE breakfast or caffeine
- Every evening AFTER supper

Write them down below:

Date:	Morning:	Evening:
DAY 1:	am	pm
DAY 2:	am	pm
DAY 3:	am	pm
DAY 4:	am	pm
DAY 5:	am	pm
DAY 6:	am	pm
DAY 7:	am	pm

- ☐ Bring this form to your next appointment for your doctor to review
- ☐ Bring your home blood pressure cuff with you to your next appointment