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BLOOD PRESSURE

Please keep a daily record of your child's blood pressure readings 2-3 times per day – with at least 1 blood pressure recording in the morning and 1 in the evening, for the next 2 weeks. You may find that an automated blood pressure machine is more convenient. On young children less than "adult size", a wrist cuff is fairly accurate and easy to use. The size of the cuff is important for accurate blood pressure measurement. Arm cuffs should cover about half of the length from elbow to shoulder. Your child's feet should be flat on the floor (ankles not crossed) and your child should be sitting and relaxing for several minutes before a blood pressure reading is obtained. Fax this record to our office when completed, or bring it to our office at the time of your next appointment.

Thank you,
Diana Eisner, M.D.

DATE	TIME / BLOOD PRESSURE	TIME / BLOOD PRESSURE	TIME / BLOOD PRESSURE