

# White Coat 7-Day Home Test

Name \_\_\_\_\_

Clinic reading \_\_\_\_\_

## How to do it

Sit quietly for 5 minutes before you measure.

Morning and evening, take 2 readings 1 minute apart.

Morning: before food, coffee and medication.

Write down every reading, even the odd ones.

Take this sheet to your doctor. Do not change your medication.

| Day   |   | Morning |     |     |       | Evening |     |     |       | Notes |
|-------|---|---------|-----|-----|-------|---------|-----|-----|-------|-------|
|       |   | Time    | Sys | Dia | Pulse | Time    | Sys | Dia | Pulse |       |
| Day 1 | 1 |         |     |     |       |         |     |     |       |       |
|       | 2 |         |     |     |       |         |     |     |       |       |
| Day 2 | 1 |         |     |     |       |         |     |     |       |       |
|       | 2 |         |     |     |       |         |     |     |       |       |
| Day 3 | 1 |         |     |     |       |         |     |     |       |       |
|       | 2 |         |     |     |       |         |     |     |       |       |
| Day 4 | 1 |         |     |     |       |         |     |     |       |       |
|       | 2 |         |     |     |       |         |     |     |       |       |
| Day 5 | 1 |         |     |     |       |         |     |     |       |       |
|       | 2 |         |     |     |       |         |     |     |       |       |
| Day 6 | 1 |         |     |     |       |         |     |     |       |       |
|       | 2 |         |     |     |       |         |     |     |       |       |
| Day 7 | 1 |         |     |     |       |         |     |     |       |       |
|       | 2 |         |     |     |       |         |     |     |       |       |

Home average (use our calculator at [snapsana.com](https://snapsana.com)) \_\_\_\_\_



## Want the averages done for you?

Scan to get SnapSana. Snap a photo of your monitor and it works out your averages for you.



Above 180/120: wait 1 minute and retest. If it is still that high, contact your healthcare professional right away. With chest pain, shortness of breath, back pain, numbness, weakness, vision changes or trouble speaking, call emergency services. This record helps your doctor. It does not diagnose white coat hypertension and is not medical advice.