

Patients Instructions:

Measuring Blood Pressure (BP) Variability at Home

downloaded from www.renalremission.com

- First morning BP before meds is preferred
- At least 7 readings are required, the more – the better
- Self-measure BP at home with a reliable monitor and record BP in EXCEL format file
- Calculate averages and Standard Deviation (STDEV) of Systolic BP by using EXCEL formula STDEV (done by Pt at home or by anyone in the office prior to provider seeing Pt)
 - Click on empty cell
 - Type : “=STDEV(“
 - Select cells (with a mouse) containing SBP readings
 - Type “)”
 - Press ENTER
 - Result will appear in the cell
- Bring file on a flash drive to the office on the day of the visit or e-mail it to provider’s office on the day prior