

Orthostatic Blood Pressure Log

Personal Information

- Name: _____
- Doctor's Contact: _____
- Reason for Testing: _____

Instructions for Use:

1. Measure blood pressure in three positions: lying down, sitting, and standing.
2. Record measurements immediately after position changes.
3. Rest for 2-3 minutes between each position to stabilize readings.
4. Log symptoms like dizziness, fainting, or nausea.

Date	Time	Position	Systolic (mmHg)	Diastolic (mmHg)	Pulse (BPM)	Symptoms/Comments
YYYY-M M-DD	HH:M M	Lying Down				
YYYY-M M-DD	HH:M M	Sitting				
YYYY-M M-DD	HH:M M	Standin g				

Summary Table for Positional Changes

Date	Change (Lying → Standing)	Systolic Drop (mmHg)	Diastolic Drop (mmHg)	Symptoms Experienced
YYYY-MM-DD				