

NAME: \_\_\_\_\_

Medication-Induced Hypertension Monitoring Protocol Log				
Date	Baseline (AM) Reading	After	After	After

Instructions: please record at least 5 days of “before” and “after” BP readings, preferably consecutively. Begin first thing in the morning (or when you first awaken), before taking any medications. If you forget, or miss a reading, simply continue with the next reading.

Measure at least one “after” reading, but remeasure toward the end of the day if that reading is > 120/80 mmHg, especially if your baseline reading is normal. Patients taking extended-release medications for ADD, or who are already being treated with antihypertensive medication(s), may want to remeasure a third time, and patients should also remeasure a third time if the readings stay above 120/80.

If you are getting consistent readings above 140/90, stop taking the stimulant and contact Dr. Silva at (432) 692-4525 or [drsilva@drsilva.com](mailto:drsilva@drsilva.com).

For step-by-step instructions, and how-to videos, as well as product recommendations and other information, please visit <https://www.drsilva.com/htn-comply.html>

When completed, please e-mail a copy of this form to [drsilva@drsilva.com](mailto:drsilva@drsilva.com), or fax to (432) 692-4525, or you may send your own form, or the raw data (please include dates and times and at least 5 days’ worth of BEFORE and AFTER measurements if you do not submit a form). Please sign this form before submitting. Thank you for your cooperation!

Still have questions? Call or text anytime. (432) 692-4525

\_\_\_\_\_  
signature