SPACELABS
HEALTHCARE

OnTrak
PATIENT DIARY 24 hour

Patient Name _____

Address _____

City _____ *State* _____

Physician _____

Telephone No. _____

Age _____ *Sex* _____

Weight _____ *Height* _____

Medication(s) _____

_____

_____

To The Patient

The portable automatic blood pressure unit that you are wearing measures and records your blood pressure and heart rate at predetermined intervals. Be sure that the monitor is comfortably positioned before you leave the office, then go about your normal daily activities. The heart rate data should be used for reference only, not as clinical diagnostic data.

To obtain maximum information from the monitor, it is important that you record in this diary the initial TIME when the cuff inflates, the ACTIVITY in which you are involved when the reading is taken and the time at which you take your MEDICATIONS. It is unnecessary to list redundant activities and the time of day when the cuff inflates; just list the activities when they change (i.e., work to leisure activity). In addition, if symptoms occur between readings, push the round ACTION button on the monitor and an additional reading will be taken. Readings will then continue on a normal cycle. Be sure to describe the symptoms in the diary. Should you wish to abort a reading in progress, simply push the round ACTION button once.

Important Notes

DO	Once the tone sounds, avoid unnecessary movement while the blood pressure reading is being recorded. Try to keep your arm still.
DO NOT	Remove the blood pressure monitor from the carrying case.
DO NOT	Hold the ACTION button down for longer than 10 secs as this will activate the turn off sequence. If you do by accident please use the up and down arrows to select "NO" then press the ACTION button once to confirm.
DO NOT	Get the monitor wet; however, should the monitor get wet, there is no electrical shock hazard from the monitor.
DO NOT	Worry if the blood pressure monitor cannot take a blood pressure reading every time it cycles. If it can't take a reading, remain still and the monitor will make one more attempt to measure your blood pressure in 60 seconds. (If a reading cannot be recorded, an event code will appear on the display.)

Log Information

Time Recording Started _____

Time Recording Completed _____

Measurement Intervals		
	Start Time	Interval
☀		
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Monitor # _____

Morning 6am to Noon

Time	Activity / Medication	Comments / Symptoms

Afternoon Noon to 6pm

Time	Activity / Medication	Comments / Symptoms

Evening 6pm to Midnight

Time	Activity / Medication	Comments / Symptoms