My Kidney Numbers Log

IgA nephropathy is followed by trends, not single readings. Use this log to record your blood pressure at home and the key results from each appointment, and bring it to every visit. Ask your team which targets apply to you and write them here: Blood pressure target _____ / _____ • Urine protein goal _____

Date	Home BP (morning)	Home BP (evening)	Weight	eGFR	Urine ACR or protein	Notes / medicine changes

How to take a home blood pressure

- ☐ Rest quietly for 5 minutes first; sit with your back supported and feet flat on the floor.
- ☐ Use the correct cuff size, on a bare arm supported at heart level.
- ☐ Take two readings one minute apart and record both (or their average, as your team prefers).
- ☐ Avoid caffeine, smoking and exercise for 30 minutes beforehand.

Medically reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. Last reviewed November 2026.
This handout is general information; it is not medical advice and does not replace the guidance of your own care team.