

WHAT'S YOUR NUMBER?

HOME BLOOD PRESSURE MONITORING

WHAT IS MY TARGET?

Average should be below **135/85 mm Hg**

WHO CAN TAKE THE MEASUREMENT?

- You can, or a friend or family member can assist you

WHAT DEVICE SHOULD I USE?

- Automated validated devices (www.hypertension.ca)
- According to arm circumference (small, medium, or large)

WHEN SHOULD I TAKE THE READINGS?

- Before breakfast and 2 hours after dinner
- Before taking your medication
- After emptying bladder and bowel if you need to
- After a 5 minute rest
- No tobacco, no caffeine in the hour before
- No exercise 30 minutes before

WHAT PROCEDURES SHOULD I USE AT HOME?

- Measure twice in the morning and twice in the evening
- Wait one minute between each reading
- Record all four readings for each day
- Repeat for 7 days
- Average the results excluding the first day's readings

WHEN SHOULD I MONITOR BLOOD PRESSURE AT HOME?

- Following any change or addition of a medication
- During dosing adjustments
- When you have new symptoms (example: dizziness)
- The week before an appointment with a health care professional
- Or as often as advised by a health care professional

WHEN YOU MEASURE YOUR BLOOD PRESSURE:

- ✓ Sitting position
- ✓ Back supported
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of cuff 3 cm above elbow crease
- ✓ Arm supported
- ✓ Legs uncrossed
- ✓ Feet flat on the floor
- ✓ Do not talk or move before or during the measurement
- ✓ Comfortable environment with no distraction



Every year, with your health care professional, review the technique for measuring your blood pressure properly, and check that your device is in good condition.

My target blood pressure at home is less than:

<input type="text"/>	/	<input type="text"/>	mmHG
systolic		diastolic	

I use my: Right Arm Left Arm

Date		Time	Comments	Heart Rate (beats/min)	BP Reading #1		BP Reading #2	
					Systolic	Diastolic	Systolic	Diastolic
June 15	Sample Morning	8:00 a.m.	Meds at 9 a.m.		138	82	135	80
	Sample Evening	8:00 p.m.	Upset		157	92	154	90
	Day 1 Morning							
	Day 1 Evening							
	Day 2 Morning							
	Day 2 Evening							
	Day 3 Morning							
	Day 3 Evening							
	Day 4 Morning							
	Day 4 Evening							
	Day 5 Morning							
	Day 5 Evening							
	Day 6 Morning							
	Day 6 Evening							
	Day 7 Morning							
	Day 7 Evening							
	Average day 2 to day 7							