

HOW SHOULD YOU CHECK YOUR BLOOD PRESSURE AT HOME ?

(Based on the American Heart Association and Hypertension Canada Guidelines)

Preparation

1. Do not smoke or drink caffeine 30 minutes before you plan to check your blood pressure.
2. Have an empty bladder.
3. Rest quietly in seated position for at least 5 minutes.
4. Do not talk or use your mobile.

Position

1. Sit with your back supported
2. Keep both feet flat on the floor
3. Your legs should not be crossed
4. BP cuff should be placed on a bare arm (not over clothes).
5. Ensure that the BP cuff covers greater than 80% of your arm circumference.

Guidelines.

6. BP cuff should be placed directly above the bend of the arm
7. Center of the bladder of the cuff (commonly marked on the cuff by the manufacturer) should be placed over the arterial pulsation of your bare upper arm
8. Cuff should be pulled taut, with comparable tightness at the top and bottom edges of the cuff, around the bare upper arm
9. The arm with the cuff should be supported on a flat surface such as a table

How many readings?

Take 2 readings at least 1 min apart in the morning before taking BP medications and 2 readings at least 1 min apart in the evening before going to bed.

Some BP monitors automatically take 3 BP readings each time.

One arm or both arms?

Ideally you should measure your blood pressure in both arms.

BP from the arm with the higher reading is to be considered as your blood pressure.

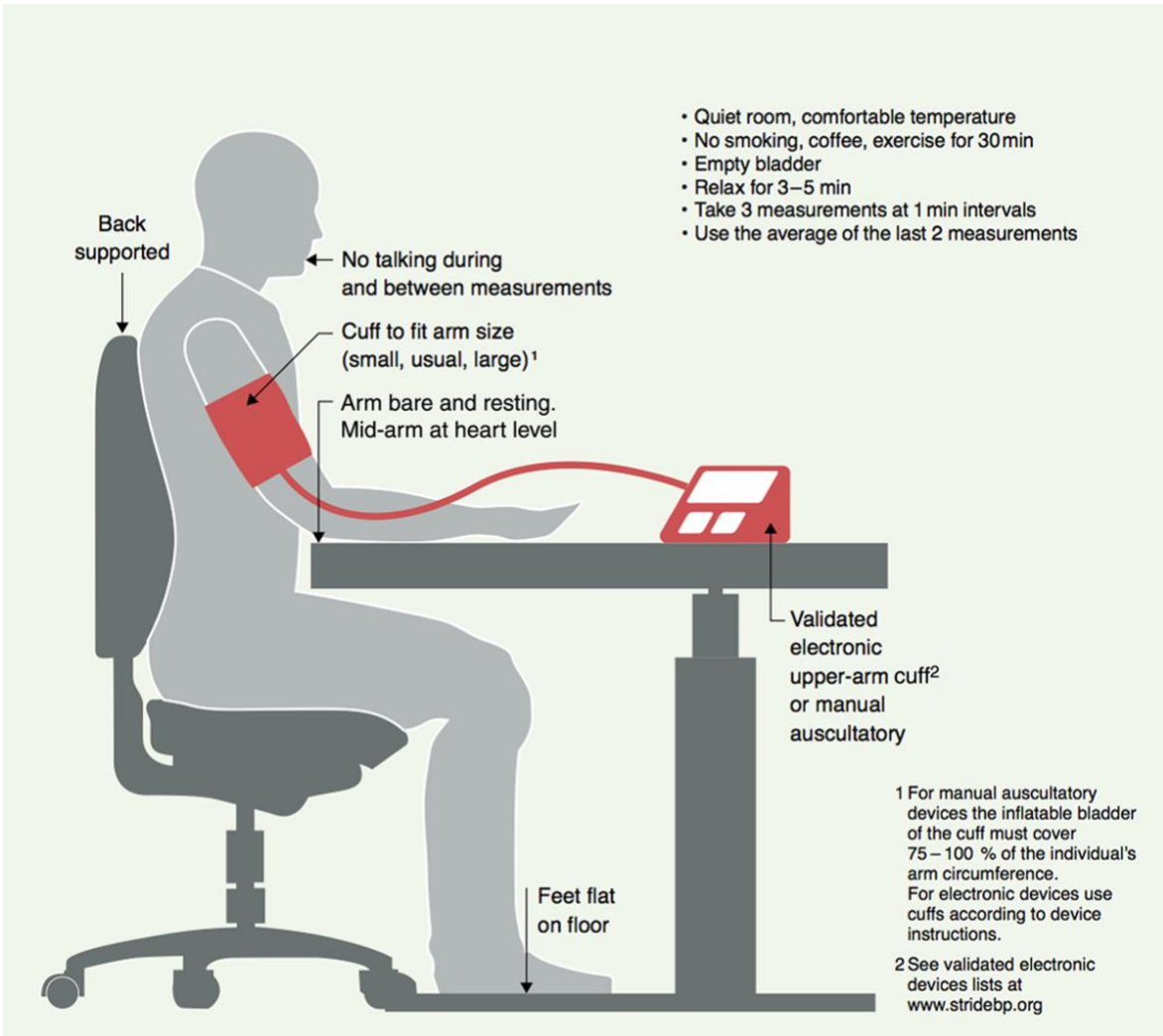
If there is a difference of more than 10 or more millimetres of mercury (mm Hg) between the measurements from the two arms, please talk to your healthcare provider.

How many days?

1. Ideally 7 or more days (i.e., Ideally 28 readings or more)
2. **A minimum period of 3 days (i.e., 12 readings) may be sufficient.**
3. Recording on non-consecutive days are acceptable.

Keeping BP records:

1. You can use mobile apps to record BP. (The apps don't measure BP)
2. You can chart your data by exporting from the mobile app.
3. Record on a Spreadsheet
4. Handwritten record.
5. Please contact your physician with a record of your BP.
6. Please do not change your medications without the recommendation of your healthcare provider.



Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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Please meet your doctor or emergency hospital services urgently if you have very high blood pressure (Hypertensive Crisis) or if you have

- Severe headaches
- Bleeding from the nose
- Vision problems
- Slurring of speech
- Chest pain
- Difficulty breathing
- Fatigue or confusion
- Irregular heartbeat
- Pounding in your chest, neck, or ears

More information on blood pressure [here](#).