

# Monitoring Your **Blood Pressure** at Home

High blood pressure (BP) may not have any symptoms, so you may not know if your BP is too high. Monitoring on your own with an in-home monitor can help you keep track of your BP over time. Keep in mind that home monitoring is not a substitute for regular visits to your doctor's office. Don't stop taking your medication, even if your readings have reached the goal your doctor has set.

## Purchase BP Monitor

- Make sure you know how to use your in-home BP monitor
- Take your monitor to your doctor's office and ask one of your healthcare team members to show you how it works

## Get ready

- Don't drink caffeinated beverages, exercise, or smoke for at least 30 minutes before measuring your BP
- Empty your bladder and sit quietly for at least 5 minutes before measuring your BP
- Make sure the cuff is the right size

## Get set

- Don't move while you're measuring your BP
- Sit with your back straight and supported (i.e. sit on a dining chair, instead of a sofa). Make sure your feet are flat on the floor and your legs are not crossed. Support the arm with the BP cuff on a flat surface with the upper arm at heart level. Ensure the bottom of the cuff is placed directly above the bend of the elbow.

## Monitor

- Measure at the same time each day. Since BP can go up and down throughout the day, it's important to measure at the same time each day so you get the most accurate reading
- Take multiple readings (2 or 3) one minute apart and record the results and write down the average
- Take your BP measurements with you to the doctor to discuss at your next appointment

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