

# Home Blood Pressure Monitoring Instructions

*Your Health, Your Responsibility*

## **Measuring Your Blood Pressure at Home**

A health professional has requested that you monitor your blood pressure, and record this to aid in the management of your health. Please read the following instructions carefully, and feel free to ask questions before starting.

### **1. Optimal Timing:**

- Measure your blood pressure before any meals, medication, or intense physical activity.
- Ensure your bladder is empty and avoid stimulants such as coffee or cigarettes for at least half an hour before taking your reading.

### **2. Achieve Tranquillity:**

- Refrain from measuring your blood pressure if you're feeling uneasy, stressed, or in discomfort.
- Set aside 5 minutes for quiet relaxation before initiating the reading, avoiding conversation during the process.

### **3. Arrange Your Environment:**

- Sit in a comfortable chair with your feet on the floor and legs uncrossed.
- Guarantee that the upper part of your arm is exposed, while your back and arm remain comfortably supported.

### **4. Opt for a Reliable Device:**

- Only use machines that have been tested and calibrated for this purpose.
- Some cheaper machines, wrist/finger based machines or older machines that have not been recently tested may give you incorrect readings – if in doubt bring it to your next appointment and compare a clinic/pharmacy reading to your own.

### **5. Select the Right Cuff:**

- Choose a cuff that appropriately fits the upper part of your arm – again we recommend against using finger or wrist based devices for improved accuracy.
- Assume a relaxed posture with the cuff positioned at heart level for the most precise results.

### **6. Consistency Matters:**

- Dedicate yourself to monitoring your blood pressure for a minimum of 7 days, ideally in the morning and evening.
- With a 1-minute gap between them, record 2 readings each time you measure.

**Remember:**

Keeping records of your blood pressure can serve as a valuable resource for both you and your healthcare provider, but it should not be to the detriment of your mental health. It can be easy to become fixated on blood pressure recording, which can cause abnormal readings. Always heed the advice of your healthcare provider regarding the frequency and timing of blood pressure monitoring.

| <b>Day</b> | <b>Time</b> | <b>Reading</b> | <b>Systolic<br/>(Top number)</b> | <b>Diastolic<br/>(Bottom number)</b> | <b>Heart Rate</b> |
|------------|-------------|----------------|----------------------------------|--------------------------------------|-------------------|
| 1          | Morning     | Reading 1      |                                  |                                      |                   |
| 1          | Morning     | Reading 2      |                                  |                                      |                   |
| 1          | Evening     | Reading 1      |                                  |                                      |                   |
| 1          | Evening     | Reading 2      |                                  |                                      |                   |
| 2          | Morning     | Reading 1      |                                  |                                      |                   |
| 2          | Morning     | Reading 2      |                                  |                                      |                   |
| 2          | Evening     | Reading 1      |                                  |                                      |                   |
| 2          | Evening     | Reading 2      |                                  |                                      |                   |
| 3          | Morning     | Reading 1      |                                  |                                      |                   |
| 3          | Morning     | Reading 2      |                                  |                                      |                   |
| 3          | Evening     | Reading 1      |                                  |                                      |                   |
| 3          | Evening     | Reading 2      |                                  |                                      |                   |
| 4          | Morning     | Reading 1      |                                  |                                      |                   |
| 4          | Morning     | Reading 2      |                                  |                                      |                   |
| 4          | Evening     | Reading 1      |                                  |                                      |                   |
| 4          | Evening     | Reading 2      |                                  |                                      |                   |
| 5          | Morning     | Reading 1      |                                  |                                      |                   |
| 5          | Morning     | Reading 2      |                                  |                                      |                   |
| 5          | Evening     | Reading 1      |                                  |                                      |                   |
| 5          | Evening     | Reading 2      |                                  |                                      |                   |
| 6          | Morning     | Reading 1      |                                  |                                      |                   |
| 6          | Morning     | Reading 2      |                                  |                                      |                   |
| 6          | Evening     | Reading 1      |                                  |                                      |                   |
| 6          | Evening     | Reading 2      |                                  |                                      |                   |
| 7          | Morning     | Reading 1      |                                  |                                      |                   |
| 7          | Morning     | Reading 2      |                                  |                                      |                   |
| 7          | Evening     | Reading 1      |                                  |                                      |                   |
| 7          | Evening     | Reading 2      |                                  |                                      |                   |