

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

