

Home Blood Pressure Log



What type of blood pressure monitor should I buy?

The blood pressure monitor you purchase should be proven accurate, and the monitor's cuff must properly fit your upper arm. Your health care provider can recommend a monitor and measure your arm to select the right cuff size. You should bring your monitor to your health care provider annually to have it checked for accuracy.

To help you in your purchasing decisions, Hypertension Canada provides a list of recommended monitors which have been proven accurate in research studies at Hypertension.ca. Many of these recommended devices will carry the symbols shown to the right on their packaging.



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What is my target blood pressure?

Ideally, blood pressure should be below 130/80 mmHg to maintain good health and reduce the risk of stroke, heart disease and other conditions. However, the target depends on factors like age, health conditions, and whether the reading is being taken at home or your health care provider's office. If you have diabetes, kidney disease or other health conditions, speak to your health care provider about your readings and the treatment that is right for you. Remember, only your health care provider can tell you exactly what your target blood pressure should be.

Systolic BP (mmHg)	Diastolic BP (mmHg)	Action
Below 130	Below 80	Maintain or adopt healthy behaviours
130-139	Below 90	Adopt healthy behaviours. <i>If you have a condition that increases your risk of heart problems, such as a previous heart attack or stroke, diabetes, kidney disease or if you are over 75 years old, talk to your health care provider about medications.</i>
At or above 140	At or above 90	Adopt healthy behaviours and talk to your health care provider about medications.

These blood pressure targets are for adults under the age of 80. Ranges may be lower for children and teenagers. Talk to your child's health care provider if you think your child has high blood pressure. Ranges are higher for those over the age of 80.

When should I take my measurements?

- Before taking your blood pressure medication
- At least two hours after a meal
- After emptying bladder and bowel
- One hour after drinking coffee or smoking
- Thirty minutes after exercise
- Always after resting for five minutes without talking

Measuring blood pressure the right way:

- Comfortable, distraction-free environment
- Without talking or moving
- In the sitting position with back supported
- Legs uncrossed with feet flat on the floor
- Arm bare with lower edge of cuff 3cm above elbow
- Arm supported with middle of cuff at heart level

Review the technique for properly measuring your blood pressure with your health care provider annually, and check that your device is in good condition.

My target blood pressure at home is less than:

/ 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							