

Measuring Your Blood Pressure at Home


When to measure your blood pressure

- ✓ At the same time each day
- ✓ When you are relaxed and without pain (Your blood pressure will be higher if you are upset or in pain.)
- ✓ 30 minutes or more after you have:
 - had caffeine like tea, coffee, or cola
 - smoked or used tobacco
 - exercised
 (Your blood pressure will be higher if you measure within 30 minutes of any of these.)
- ✓ After you have gone to the toilet (Your blood pressure will be higher with a full bladder or bowel.)

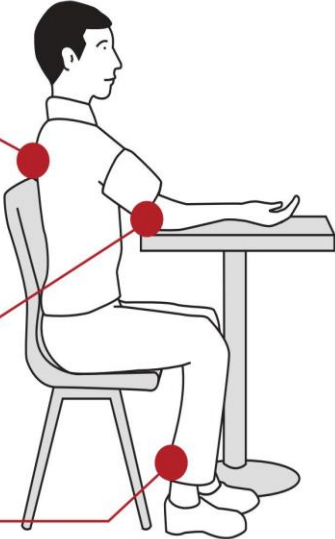
How to measure your blood pressure

1. Use the same arm each time.
2. Put the blood pressure cuff on your arm.
3. Sit quietly for 5 minutes with your back against a firm surface, your feet on the floor, and your arm supported on a table at heart level.
4. Stay in this position while you measure your blood pressure. Stay quiet – do not talk.
5. Take your first blood pressure (#1).
6. Write down the numbers with the date and time in your blood pressure record.
7. Wait 1 minute.
8. Take a second blood pressure (#2).
9. Write these numbers in your record.
10. Make a note of any situations that might affect your blood pressure such as forgetting to take a medicine, being sick, or feeling stressed.


BLOOD PRESSURE MEASUREMENT



When you measure your blood pressure:



- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Apply cuff according to manufacturer's instructions
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Original source: Hypertension Canada. Used with permission

- Keep a record of your blood pressure for at least 1 week. Your healthcare provider might ask you to do this for longer.
- Show your record to your healthcare provider at your next appointment, especially if you have any results higher than 140/90.

Blood pressure goal

- For most people with high blood pressure, the goal is to have a blood pressure less than 140/90 (the top number is less than 140 and the bottom number is less than 90).
- If the person has diabetes or kidney disease, the goal is for a blood pressure of less than 130/80.

Date	Time	#1 Blood Pressure		#2 Blood Pressure		Heart Rate beats per minute	Comments	
		Systolic top number	Diastolic bottom number	Systolic top number	Diastolic bottom number			
Oct 10	Morning	8:00am	138	82	135	80	64	Took medicine at 9:00
	Evening	8:00pm	157	92	154	90	78	Upset
	Morning							
	Evening							
	Morning							
	Evening							
	Morning							
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	Morning							
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	Morning							
	Evening							
	Morning							
	Evening							
7 day average								

To learn more, it's good to ask:

- Your family doctor
- Your pharmacist
- Fraser Health Virtual Care – call 1-800-314-0999 or live chat online at fraserhealth.ca/virtualcare 10:00 a.m. to 10:00 p.m., daily
- HealthLinkBC – call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online to HealthLinkBC.ca