

HOME BLOOD PRESSURE MONITORING



Measuring your blood pressure at home is one of the best ways to know if it is under good control



Keep a record of your readings and share them with your doctor at every visit

YOUR BLOOD PRESSURE READING IS BASED ON TWO MEASURES:

The **systolic (top) number** is the measure of the pressure in your blood vessels when your heart pumps

The **diastolic (bottom) number** is the measure of pressure when your heart relaxes between beats

For most people, target below:

..... **135**

..... **85**

WHEN MONITORING BLOOD PRESSURE AT HOME:

- Empty your bladder or bowel, if necessary
- Sit with your legs uncrossed, feet flat on the floor
- Get comfortable, with your back and arm supported
- Apply cuff on your bare upper arm, 3 cm above elbow crease
- Rest quietly for 5 minutes before starting
- Take your first blood pressure reading - Do not speak or move while the machine is taking your reading
- Wait at least 1 minute then take your second blood pressure reading
- Keep a record of your readings including the date and time
- Measure your blood pressure 7 days before your regular doctor's appointment (or after a change in medicines)
- Take your blood pressure twice a day at the same time and using the same arm each time
- Do not smoke or drink caffeine for 30 minutes beforehand
- Do not measure your blood pressure when you are upset or in pain
- Once you have purchased a home monitor, take it to your healthcare provider's office once or twice a year to make sure it continues to give accurate readings



Take your **morning reading** before breakfast and before you take your medicines.

Take your **evening reading** at least 2 hours after eating

WHAT YOU CAN DO:



EAT A HEALTHY DIET - Eat plenty of vegetables and fruits, low-fat milk products, whole grains, lean meats, fish, legumes (dried beans) and nuts



LIMIT SALT INTAKE - Salt (sodium) makes your body retain water and raises your blood pressure



BE ACTIVE - Exercise for at least 150 minutes per week doing moderate to vigorous aerobic physical activity, in bouts of 10 minutes or more



MANAGE STRESS - Stress can cause the heart to work harder and increase blood pressure

Try ways to help you relax such as deep breathing or meditation



LIMIT ALCOHOL - Drinking too much alcohol can raise blood pressure and reduce the effect of medicines



STOP SMOKING - If you smoke, speak to your doctor or healthcare provider about help with quitting



TALK TO YOUR HEALTHCARE PROVIDER IF YOU HAVE QUESTIONS ABOUT OR ARE HAVING TROUBLE TAKING YOUR MEDICATIONS