

How to measure your blood pressure at home



Follow these steps for an accurate blood pressure measurement

If you are looking to purchase a blood pressure cuff, review validated cuffs at validatebp.org.

1. PREPARE

30 minutes **BEFORE** taking your blood pressure



DON'T exercise



DON'T bathe or shower



DON'T smoke or use tobacco



DON'T eat or drink caffeine



DON'T take your blood pressure medication until after your morning reading

5-10 minutes **BEFORE** taking your blood pressure

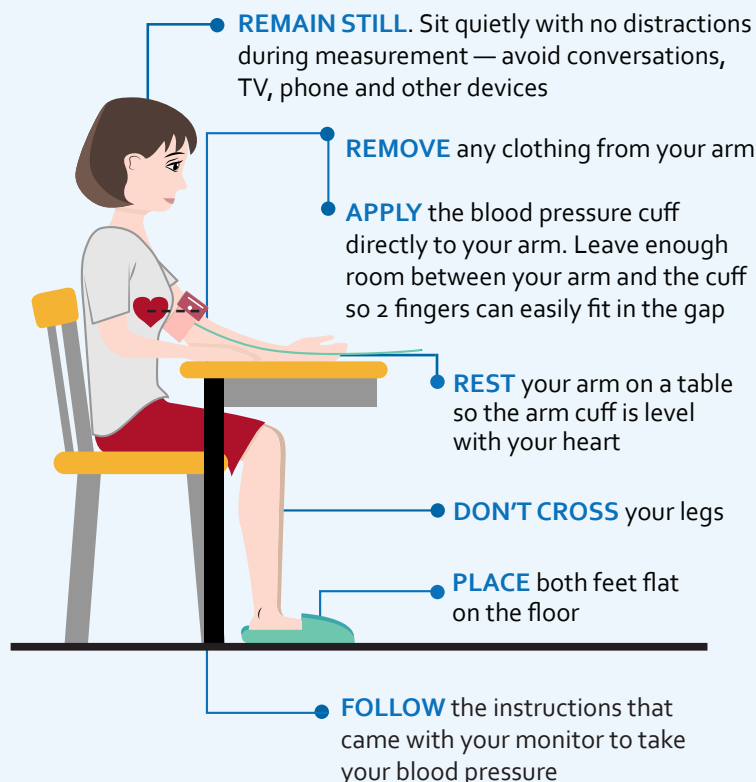


DO empty your bladder



DO sit calmly in a quiet room. Lean back and relax.

2. POSITION



3. MEASURE & RECORD

REST for five minutes while in position before starting

WHEN & HOW

- Check blood pressure once in the morning and once in the evening
- Continue for 7 days

RECORD

- Each measurement on the chart on the back of this page
- Bring your blood pressure monitor and log to your next appointment



Scan the QR code to view a video by the American Medical Association on how to take your own blood pressure

English



Spanish



Self-measured blood pressure: 7-day recording log

Instructions: Complete the information below each time you take a measurement. It is best to take one measurement in the morning and one measurement in the evening for 7 days. If you miss any blood pressure measurements, leave that section blank and continue for the next time.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date	Date	Date	Date	Date	Date	Date
Time	Time	Time	Time	Time	Time	Time
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic
/	/	/	/	/	/	/
Notes	Notes	Notes	Notes	Notes	Notes	Notes

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date	Date	Date	Date	Date	Date	Date
Time	Time	Time	Time	Time	Time	Time
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic	Systolic/Diastolic
/	/	/	/	/	/	/
Notes	Notes	Notes	Notes	Notes	Notes	Notes

How do I know if my reading is too high or too low?

A total blood pressure reading is determined by measuring the systolic and diastolic blood pressures.

Systolic blood pressure (top number) measures the force the heart exerts on the walls of the arteries each time it beats.

Diastolic blood pressure (bottom number) measures the force the heart exerts on the walls of the arteries in between beats.

Your blood pressure reading is too high if:

Systolic (top number) is greater than 180 mm Hg and/or Diastolic (bottom number) is greater than 120 mm Hg and you feel unwell or have complaints of shortness of breath, chest pain, dizziness, headache, back pain, facial droop, limb weakness, vision changes or numbness/tingling, seek medical care.

Your blood pressure reading is too low if:

Systolic (top number) is less than 90 mm Hg and/or Diastolic (bottom number) is less than 60 mm Hg and you feel unwell or have complaints of feeling lightheaded, dizzy, nauseous or blurred vision, seek medical care.

My health care provider's name _____

Phone number _____