

# Monitoring Your Blood Pressure at Home



High blood pressure (BP) may not have any symptoms, so you may not know if your BP is too high. Monitoring on your own with an in-home monitor can help you keep track of your BP over time. Keep in mind that home monitoring is not a substitute for regular visits to your doctor's office. And, don't stop taking your medication, even if your readings have reached the goal your doctor has set.

## Before you start

- Make sure you know how to use your in-home monitor
- If you are not sure, take your monitor to your doctor's office and ask one of your healthcare team members to show you how it works

## Get ready

- Don't drink caffeinated drinks, exercise, or smoke for at least 30 minutes before you take your BP
- Sit quietly for at least 5 minutes
- Make sure the cuff is the right size

## Get set

- Don't move while you're measuring your BP
- Sit with your back straight and both feet flat on the floor. Support the arm with the BP cuff on a flat surface at heart level

## Monitor

- Measure at the same time each day. Since BP can go up and down throughout the day, it's important to measure at the same time each day so you get the most accurate reading
- Take multiple readings (2 or 3) and write down the average
- Take your BP measurements with you to the doctor to discuss at your next appointment

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