

Home Blood Pressure Monitoring For Patients

Reasons to measure my blood pressure at home

1	To check if my new or current blood pressure medicine is controlling my blood pressure.
2	To see if I have “white-coat” high blood pressure—meaning it is high in the office but may not be high at home.
3	To see if my blood pressure at home is high even if my blood pressure measures in the health care provider’s office are normal.

Type of blood pressure cuff to buy

1	Buy a Blood Pressure Monitor that has been tested to be accurate. An up-to-date list of validated monitors is available on the Dabl Educational Web site (http://www.dableducational.org) and the British Hypertension Society Web site (http://www.bhsoc.org/default.stm)
2	Some brand names that make accurate monitors are: A&D, Artsana, Health & Life, Microlife, Omron
3	Make sure the cuff size is the right one for your arm size. You may need a large- or regular- size cuff.

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How and When to Measure Blood Pressure at Home

1	Do not smoke, have caffeine (coffee or tea) or exercise 30 minutes before measuring your blood pressure.
2	It is important that you have the correct size blood pressure cuff or your blood pressure readings will not be correct. Make sure the bladder (the part that inflates) covers 2/3 of the distance around your arm but does not overlap. Have your health care provider show you in the office which size cuff fits you best before you buy a home blood pressure monitor.
3	Measure your blood pressure at the same time: In the morning before taking your blood pressure medicines and at dinner time.
4	Sit in a chair with your back straight and supported with your feet flat on the floor; don't cross your legs. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. The blood pressure monitor should be placed on the table. As you begin to use your monitor, first measure your blood pressure in each arm using the instructions listed above. Then when you begin to measure your blood pressure on a regular basis, use the arm with the highest blood pressure numbers.
5	Now you are ready to begin to measure your blood pressure. • Rest for 5 minutes (do not talk or move). • Measure your blood pressure and write down the blood pressure numbers with the date and time in your record log. • Wait one minute and take a second measurement and write it down. • Also make a note in your log about any unusual situations, (eg, you forgot your medications, you were ill or you had increased stress).
6	Keep the record (log) for 1 week or as told by your health care provider.
7	The goal for most people with high blood pressure at home is less than 135/85 or less than 130/80 if you have heart or kidney disease, diabetes or what your health care provider and you agree upon.

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