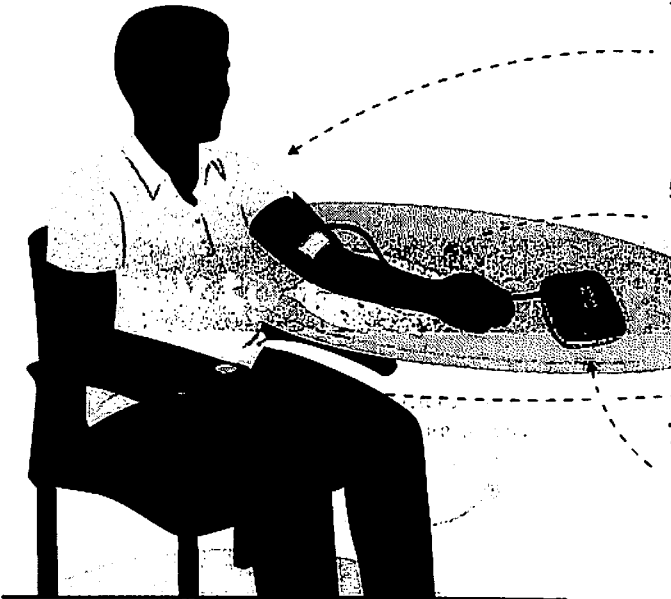


How to Take Blood Pressure at Home

If your blood pressure is high at the doctor's office, you may want to check your blood pressure at home.

You can also check your blood pressure before a doctor's appointment or after starting a new medication for blood pressure.



- 1 Check in the morning and in the evening for one week before visiting your healthcare professional.
- 2 Take 3 readings in a single sitting. You can ignore reading #1, and record reading #2 and #3.
- 3 Sit in a chair with your back supported, legs uncrossed and feet flat on the floor. A kitchen chair works well.
- 4 Put the blood pressure cuff on your bare arm. The cuff should be 2 finger widths above the bend in your arm.
- 5 Use a pillow or table top to raise your arm to the level of the centre of your chest.
- 6 When comfortable, rest for 5 minutes (no speaking and phone ringer-off). Try reading a book or magazine. Have a clock nearby to help you measure 5 min.
- 7 After 5 minutes have passed, start the blood pressure device.
- 8 Face the device away from you. Watching the numbers can make your blood pressure go up.
- 9 1 minute after the first reading is finished, start the machine for reading #2. Remember, you can ignore reading #1.
- 10 Write down reading #2. 1 minute later, start the machine again. Write down reading #3, and you're finished.

! Ask your doctor, nurse, or pharmacist about what BP goal would be best for you.

When checking your blood pressure at home, use a Hypertension Canada approved device. For a list of validated devices, visit: <https://hypertension.ca/hypertension-and-you/managing-hypertension/measuring-blood-pressure/devices/>

Tips to measure your blood pressure accurately:

- Make sure the cuff fits you properly. Check the instructions in the box or ask your doctor, nurse, or pharmacist to help
- A cuff too small or too loose can make your blood pressure higher or lower, respectively
- The cuff should be tight around your arm (only 1 finger should fit easily under the cuff)
- Stressed? Make a note about it or delay the measurement
- Measurements should be taken before breakfast and 2 hours after dinner
- Avoid caffeine and tobacco 30 minutes before measuring your blood pressure
- Avoid exercise 60 minutes before measuring your blood pressure

The 2018 Hypertension Canada Guidelines. <https://guidelines.hypertension.ca/>
 Muntner P et al. Measurement of blood pressure in humans: a scientific statement from the American Heart Association. Hypertension. 2019;71:1-22.
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