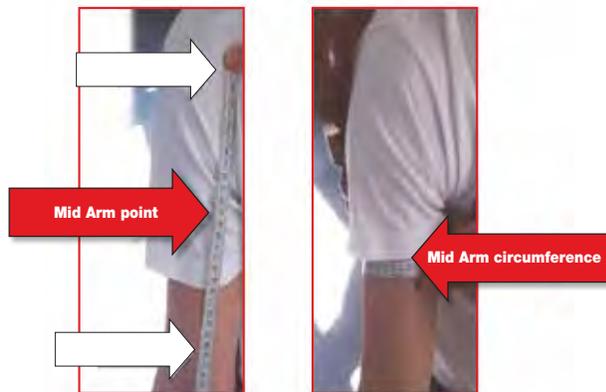




What type of blood pressure monitor should you buy?

There are many blood pressure monitors for sale in Canada. Only buy a validated monitor with this logo as it has been tested and approved by Hypertension Canada for accuracy. Blood pressure cuffs come in different sizes. Your arm circumference should be measured mid-way between the elbow and shoulder. Make sure you buy the right size cuff for your arm. The wrong cuff size will give incorrect readings. Ask your health care provider to help you choose the right size cuff.



My target HOME blood pressure is

_____ / _____ mm Hg

Ask your health care provider what your home blood pressure target should be.

For most people, the target, or “healthy” HOME blood pressure is LESS THAN 135/85 mm Hg. If you have diabetes a lower target of 130/80mmHg is required.

Every year your health care provider will need to check the accuracy of your home blood pressure monitor. It is also a good time to review how to take your blood pressure.

Measuring your blood pressure the right way:

- ✓ Read the following directions on how to take your blood pressure monitor properly.
- ✓ Only measure and record your blood pressure if you have time to do it correctly.

- ✓ Measure your blood pressure when you are comfortable, NOT when you are cold, anxious, stressed or in pain.
- ✓ If needed, empty your bladder and bowels before taking your blood pressure.
- ✓ Wait for at least two hours after a big meal or any heavy physical activity and for at least 30 minutes after drinking caffeine or smoking.
- ✓ Blood pressure should be measured in the morning and evening before taking your blood pressure medications.
- ✓ Measure your blood pressure in the morning and in the evening using these instructions for 7 days before your appointment, or after any change in your blood pressure medication.
- ✓ Bring your blood pressure record to every medical visit.

How do I measure my blood pressure with a home monitor?

- ✓ Find a comfortable place with no distractions (such as TV, computer or phone).
- ✓ Sit in a chair that supports your back and beside a table that supports your arm.
- ✓ If needed use a pillow or towel to ensure the center of the cuff is at heart level.
- ✓ Keep your feet flat on the floor.
- ✓ Put the cuff on your upper arm against the skin, not over a sleeve.
- ✓ Rest and relax for 5 minutes before taking the first reading.
- ✓ Take at least 2 readings, 1 – 2 minutes apart.

Record all readings with the date and time in your blood pressure record (see back of this sheet).

BY FOLLOWING THESE INSTRUCTIONS, YOU WILL PROVIDE RELIABLE BP MEASUREMENTS TO YOUR HEALTH CARE PROVIDER



SAMPLE

DATE		TIME	COMMENTS	Heart Rate (beats per minute)	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
					Systolic	Diastolic	Systolic	Diastolic
June 15	Sample Morning	8:00 AM	Meds at 9 AM		138	82	135	80
	Sample Evening	8:00 PM	Upset		157	92	154	90
	Day 1 Morning							
	Day 1 Evening							
	Day 2 Morning							
	Day 2 Evening							
	Day 3 Morning							
	Day 3 Evening							
	Day 4 Morning							
	Day 4 Evening							
	Day 5 Morning							
	Day 5 Evening							
	Day 6 Morning							
	Day 6 Evening							
	Day 7 Morning							
	Day 7 Evening							
	Average							