



Instructions on Home Blood Pressure Monitoring

- Remain still
- Avoid smoking, caffeinated beverages, or exercise within 30 min before Blood Pressure measurements
- Ensure at least 5 min or more of quiet rest before Blood Pressure measurements
- Sit with back straight and supported (on a straight-backed dining chair, for example, rather than a sofa)
- Sit with feet flat on the floor and legs uncrossed
- If using an upper arm blood pressure cuff for blood pressure, keep your arm supported on a flat surface (such as a table), with the upper arm at heart level
- If using an upper arm blood pressure cuff, the bottom of the cuff should be placed directly above the antecubital fossa (bend of the elbow)
- If using a forearm (lower arm) blood pressure cuff, your hand could be placed on your chest to make sure that the blood pressure cuff is at heart level
- Take at least one reading in the morning before taking your medications and in the evening before supper. Optimally, measure and record your Blood Pressure twice daily
- Ideally, obtain twice daily Blood Pressure readings for 1 week after any change in medications used for the treatment of hypertension AND twice daily during the week before a clinic visit
- If the blood pressure monitor does not have a memory function, record all readings accurately on any piece of paper
- Call in your blood pressure readings 1 week after any change in your blood pressure medications
- Bring your recorded blood pressure readings with you to the office for your office visit
- Monitors with built-in memory should be brought to all clinic appointment