

Checking your own blood pressure

It is important to regularly check your blood pressure and know what the numbers mean. The best way is to do it when you are relaxed, at home. Here are a few tips for checking your blood pressure correctly to help you control it and have a healthier lifestyle.

How to check your blood pressure:

1. If you normally keep good control of your blood pressure, checking it once or twice a month will be enough. Otherwise, you should check it more often, every three or seven days.
2. Find a quiet place, with a pleasant temperature and sit comfortably for at least 5 minutes in a chair with a back-rest without crossing your legs.
3. Do not take your blood pressure (BP) right after eating or doing intense physical exercise, or if you are stressed or in pain.
4. Avoid drinking coffee or alcohol and smoking for one hour prior to taking your reading.
5. Make sure your bladder is empty.
6. Measurements should be taken from the arm with the highest pressure (control arm). Your doctor or nurse will tell you which arm is your control arm.
7. Use a cuff that is appropriate to the size of your arm (if you have a large-girth arm you need to use a larger cuff).

8. Place the cuff 2 or 3 cm above the bend in your elbow.
9. In a relaxed and comfortable position and making sure your sleeves are not tight, rest your arm on a table at heart level.
10. Do not move your arm or talk during the reading.
11. Take 3 readings in the morning (before taking any medication, between 6 and 9 am) and three in the evening (before taking any medication, between 6 and 9 pm), at least 2 or 3 minutes apart.
12. Record all of the measurements, both the systolic or maximum (SBP) and diastolic or minimum (DBP) and heart rate (HR). Also note the date and time of the measurement.
13. Show your doctor or nurse the record of your measurements.
14. Use only validated blood pressure devices. website http://www.bhsoc.org/blood_pressure_list.stm or <http://www.dableducational.org/sphygmomanometers.html>) Find the list of validated devices that can be used.
15. All devices must be reviewed at least once a year by the manufacturer-recommended technical services.
16. Do not modify treatment without consulting your doctor.

Date:	Morning. Time:			Afternoon. Time:		
	SBP	DBP	HR	SBP	DBP	HR
1st measure						
2n measure						
3rd measure						

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