CAMFiC
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Self-monitoring of blood pressure: How to take your blood pressure at home

It is very important to know your blood pressure. Keeping your blood pressure under control will help you prevent complications and lead a healthier life. To do this, you need to measure it regularly.

The best way is to do it at home, when you are relaxed. This sheet summarizes what you need to know to take your blood pressure correctly.

How to take your blood pressure

1. If your blood pressure is normally well controlled, it will usually be enough to check it once or twice a month. Otherwise, you should check it more often, every 3 to 7 days, or as recommended by your doctor or nurse.
2. Choose a quiet, noise-free environment with a comfortable temperature. Sit comfortably without crossing your legs in a chair with a backrest for at least 5 minutes before taking your blood pressure.
3. Avoid checking your blood pressure after eating, intense physical exercise, in situations of nervousness, or if you are in pain.
4. Avoid consuming coffee, alcohol, or tobacco during the hour prior to taking your blood pressure.
5. Empty your bladder before taking your blood pressure.
6. Take your blood pressure on the arm that gives the highest readings (this will be your usual arm for monitoring).
7. Use a cuff that fits the thickness of your arm (a larger cuff should be used for obese people). Your doctor or nurse will tell you which arm to use and which cuff to use to measure your blood pressure.
8. In a comfortable and relaxed position, place your arm at heart level, 2 or 3 fingers above the elbow crease, resting it on a table and without any sleeves that constrict it.
9. Do not move your arm, look at your cell phone, talk, or do anything else during the measurement.
10. Take 2 measurements in the morning (before taking your medication, between 6 and 9 a.m.) and 2 in the afternoon (before taking your medication, if you take it, between 6 and 9 p.m.), leaving at least 1 minute between each measurement.
11. Repeat the measurements for 7 days in a row.
12. Record all measurements, including systolic or maximum pressure (SBP), diastolic or minimum pressure (DBP), and heart rate (HR). Also note the date and time when the measurement was taken.
13. Take the record of measurements to your visit with your family doctor and/or nurse.
14. Always use only a validated automatic arm blood pressure monitor (not a wrist monitor); your nurse can advise you.
15. All devices should be checked periodically according to the manufacturer's recommendations.
16. Do not change your treatment without consulting your doctor.

Measurements log

Day:	Morning. Time			Afternoon. Time		
	SBP	DBP	HR	SBP	DBP	HR
Take #1						
Take #2						

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