

HOME BLOOD PRESSURE CHECK INSTRUCTIONS

1. PREPARE

Avoid caffeine, smoking and exercise for 30 minutes before measuring your blood pressure.

Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP *before* you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2. POSITION



3. MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart, twice daily for seven days.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

KNOW YOUR PRESSURE

UNDERSTANDING BLOOD PRESSURE READINGS

	NORMAL	ELEVATED	HYPERTENSION		CRISIS
			STAGE 1	STAGE 2	
SYSTOLIC	less than 120	121 to 129	130 to 139	140 or higher	higher than 180
	AND	AND	OR	OR	AND/OR
DIASTOLIC	less than 80	less than 80	80 to 89	90 or higher	higher than 120