

Instructions for Home Blood Pressure (BP) Monitoring

- Check your blood pressure on any 3 days of the week, in the morning and in the evening for a total of 6 blood pressure readings per week. It doesn't matter which days you check.
- The most convenient times to check the blood pressure tends to be before breakfast and before dinner.
- The most accurate type of blood pressure cuff is an automatic, upper arm cuff. Make sure you have a cuff that is the right size for your arm. You may find this online article helpful when choosing a BP cuff to use at home:
<https://www.consumersearch.com/blood-pressure-monitors#.WcGL7WhkoCw.email>
- You should wait at least 30 minutes after eating or exercise before checking the blood pressure.
- While checking the blood pressure, you should be sitting in a chair with your back supported. You should avoid talking or crossing your legs with feet on the ground. The cuff should be placed on your bare arm (not over clothing).
- During the blood pressure measurement, your arm should be supported at the level of the heart, for example resting on a table in front of you.
- You should be sitting at rest for at least 5 minutes before checking your BP. Take several deep cleansing breaths and try to relax during this period.
- Variation in your blood pressure readings is normal and expected which is why we check multiple readings. Remember to bring your BP log in to each visit.
- Your Blood Pressure Goal is BP less than _____
- *Note: The accuracy of your cuff is important. Please bring your home BP cuff in after you first purchase it and once per year to be checked.*

Day (Date)	Time Checked	BP #1	BP #2	Other Notes
Day 1:	AM time:	B/P:		
Date:	PM time:	B/P:		
Day 2	AM time:	B/P:		
Date	PM time:	B/P:		
Day 3	AM time:	B/P:		
Date	PM time:	B/P:		
Day 1:	AM time:	B/P:		
Date:	PM time:	B/P:		
Day 2	AM time:	B/P:		
Date	PM time:	B/P:		
Day 3	AM time:	B/P:		
Date	PM time:	B/P:		
Day 1:	AM time:	B/P:		
Date:	PM time:	B/P:		
Day 2	AM time:	B/P:		
Date	PM time:	B/P:		
Day 3	AM time:	B/P:		
Date	PM time:	B/P:		
Day 1:	AM time:	B/P:		
Date:	PM time:	B/P:		
Day 2	AM time:	B/P:		
Date	PM time:	B/P:		
Day 3	AM time:	B/P:		
Date	PM time:	B/P:		
Day 1:	AM time:	B/P:		
Date:	PM time:	B/P:		
Day 2	AM time:	B/P:		
Date	PM time:	B/P:		
Day 3	AM time:	B/P:		
Date	PM time:	B/P:		

