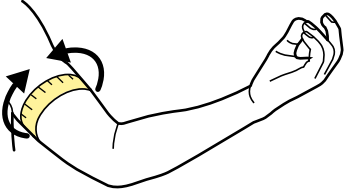
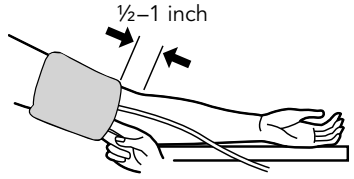


How to Take Blood Pressure Measurements at Home

1. Prepare

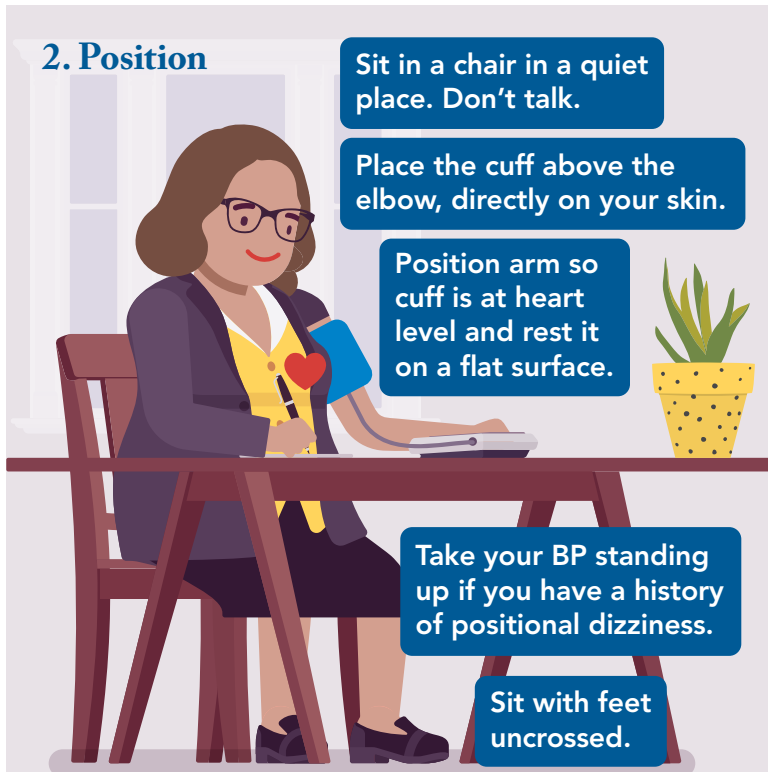
- Avoid eating, drinking, smoking, and exercising 30 minutes before you measure your blood pressure (BP).
- Use the bathroom before your BP reading so that you're comfortable.
- Be sure to use a validated upper arm BP monitor (validatebp.org), which can be purchased without a prescription at KP pharmacies or other stores.* Wrist or fingertip monitors are inaccurate and not recommended.

Choose the correct BP cuff size				
Measure around your arm	Choose correct BP cuff size		Confirm position and fit	
	Arm measurement	Standard cuff sizes**		
Measure your upper arm above your elbow to choose the correct cuff size. 	cm	inches	Wrap the cuff securely ½–1 inch above the elbow line, allowing for space for 2 fingers to fit between you and the cuff. The tube should run down the center of your arm. 	
	22–26	8.5–10		Small adult
	27–34	10.5–13.5		Adult
	35–44	14–17		Large adult
	45–52	17.5–20.5		Extra-large adult

*Our Kaiser Permanente (KP) pharmacies stock the Omron 3 Upper Arm monitor.

**www.aafp.org/pubs/afp/issues/2005/1001/p1391.html

2. Position



3. Measure

Your blood pressure readings can vary based on environmental stressors and time of day. To best estimate your BP range, we recommend that you take several measurements at various times of the day. Here are some guidelines to get started:

- Measure your blood pressure at least twice daily, 3 days a week.
- Take 2 to 3 measurements, separated by a 1-minute break, each time you measure your BP.
- Record your BP measurements in the Home Blood Pressure Results Log on the back of this sheet.
- Share your BP readings with your doctor if you're concerned about the variability of your BP readings.

Home Blood Pressure Results Log

Date: Day 1		Date: Day 2		Date: Day 3		Date: Day 4		Date: Day 5		Date: Day 6		Date: Day 7	
Time	Systolic / Diastolic*	Time	Systolic / Diastolic	Time	Systolic / Diastolic	Time	Systolic / Diastolic	Time	Systolic / Diastolic	Time	Systolic / Diastolic	Time	Systolic / Diastolic
a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/
a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/
a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/	a.m.	/
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p.m.	/	p.m.	/	p.m.	/	p.m.	/	p.m.	/	p.m.	/	p.m.	/

*Systolic (top number) = The pressure in your arteries when your heart beats. Diastolic (bottom number) = The pressure in your arteries when the heart rests between beats.

What the readings mean

BP category	Systolic	Diastolic	Recommended patient action (if either systolic or diastolic number is not at goal)
Too low	< 100	< 50	Contact your doctor within one week if you feel dizzy with position change or have recent falls.
At goal	100–129	51–79	Excellent, keep up the good work.
Borderline – elevated	130–139	80–89	Contact your doctor within one month about this trend. Are there diet/exercise adjustments you can make?
Elevated	140–179	90–99	Contact your doctor within one week – you may need medication adjustment.
Urgent – too high	180+	100+	Contact doctor within 24 hours, treatment needed.

Please note: The BP categories are the same for all patient age groups.

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.