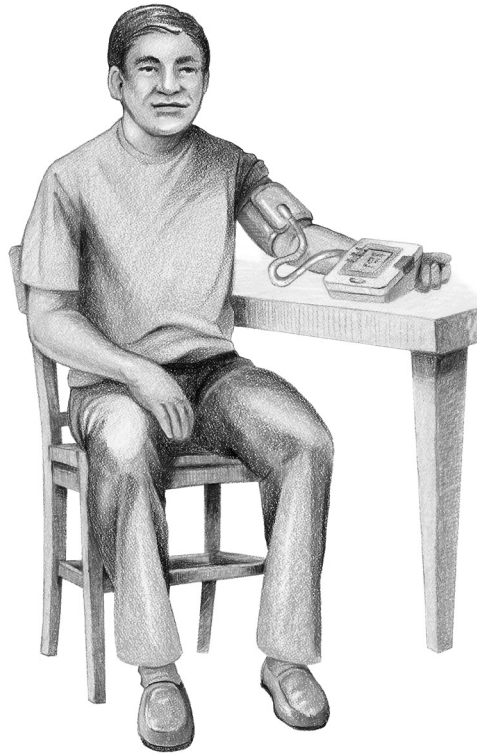


# Taking Your Blood Pressure

## Getting ready

- Do not smoke or drink coffee, tea or cola (any drink containing caffeine) in the 60 minutes before
- Do not exercise in the 30 minutes before
- Do not measure your blood pressure when you are upset or in pain
- Be in a calm, warm environment
- Empty your bladder or bowel
- Sit quietly and calmly with your back against a firm surface and your arm supported on a table or firm surface at heart level for 5 minutes



## Taking your blood pressure:

- Do not speak
- Be seated
- Keep back supported
- Keep legs uncrossed
- Keep feet flat on the floor
- Ensure arm is supported
- Place cuff on bare arm, 3 cm above fold of elbow, at heart level

# About Blood Pressure

## What is blood pressure?

Blood pressure (BP) is a measure of pressure or force of blood against the walls of your blood vessels called arteries.

## What do the numbers mean?

120



### Systolic

The top number measures when your heart beats and pumps blood

80



### Diastolic

The bottom number measures when your heart relaxes and fills with blood

Your ideal blood pressure readings should be around 120/80 or less. If you find your home blood pressure reading are 135/85 or more for several readings, speak to your healthcare provider. If you have diabetes or kidney disease and have readings at or over 130/80, you should speak with your healthcare provider.

## Why keep a log of my home blood pressure readings?

Ideally, you should take your blood pressure twice a day – morning and evening – and write it down. It allows you and your healthcare provider to see how your medications are working and how lifestyle changes you may be making (diet, salt intake, smoking cessation, etc.) affect your blood pressure.

## Choosing a home blood pressure monitor and cuff:

*For the Monitor:*

Ensure it is an approved device. See list at [www.hypertension.ca](http://www.hypertension.ca)

*For the right-sized Cuff:*

Measure around your bare upper arm midway between shoulder and elbow. Match the measurement with the cuff sizes provided for the blood pressure machine (see monitor user manual).

# Blood Pressure Log:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Reading 1	/	mmHg
Reading 2	/	mmHg

Systolic                      Diastolic