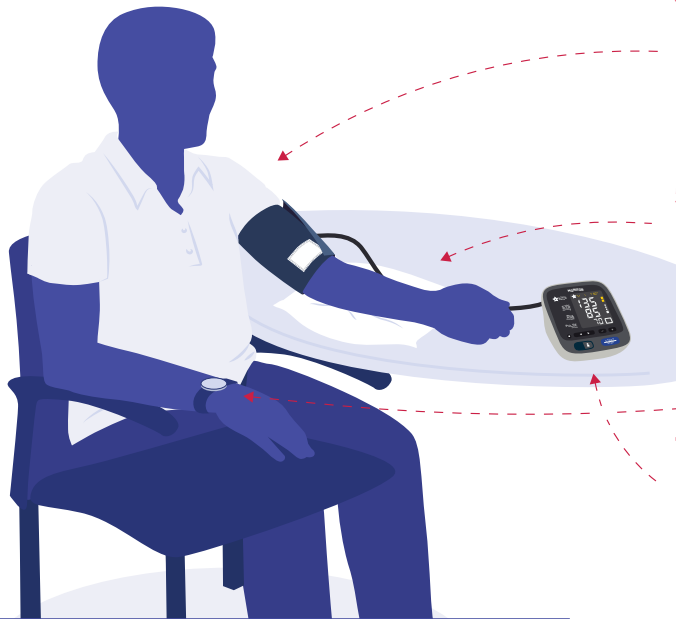


# How to Take Blood Pressure at Home

**If your blood pressure is high at the doctor's office, you may want to check your blood pressure at home.**

You can also check your blood pressure before a doctor's appointment or after starting a new medication for blood pressure.



**1** Check **in the morning and in the evening for one week** before visiting your healthcare professional.

**2** Take 3 readings in a single sitting. You can ignore reading #1, and record reading #2 and #3.

**3** Sit in a chair with your back supported, legs uncrossed and feet flat on the floor. A kitchen chair works well.

**4** Put the blood pressure cuff on your bare arm. The cuff should be 2 finger widths above the bend in your arm.

**5** Use a pillow or table top to raise your arm to the level of the centre of your chest.

**6** When comfortable, rest for 5 minutes (no speaking and phone ringer off). Try reading a book or magazine. Have a clock nearby to help you measure 5 min.

**7** After 5 minutes have passed, start the blood pressure device.



**8** Face the device away from you. Watching the numbers can make your blood pressure go up.

**9** 1 minute after the first reading is finished, start the machine for reading #2. Remember, you can ignore reading #1.

**10** Write down reading #2. 1 minute later, start the machine again. Write down reading #3, and you're finished.



**!** Ask your doctor, nurse, or pharmacist about what BP goal would be best for you.

When checking your blood pressure at home, use a Hypertension Canada approved device. For a list of validated devices, visit: <https://hypertension.ca/hypertension-and-you/managing-hypertension/measuring-blood-pressure/devices/>

## Tips to measure your blood pressure accurately:

- Make sure the cuff fits you properly. Check the instructions in the box or ask your doctor, nurse, or pharmacist to help
- A cuff too small or too loose can make your blood pressure higher or lower, respectively
- The cuff should be tight around your arm (only 1 finger should fit easily under the cuff)
- Stressed? Make a note about it or delay the measurement
- Measurements should be taken before breakfast and 2 hours after dinner
- Avoid caffeine and tobacco 30 minutes before measuring your blood pressure
- Avoid exercise 60 minutes before measuring your blood pressure

The 2018 Hypertension Canada Guidelines. <https://guidelines.hypertension.ca/>  
Muntner P et al. Measurement of blood pressure in humans: a scientific statement from the American Heart Association. Hypertension. 2019;71:e1-e32.  
Developed by Kelly Grindrod, PharmD; Khrystine Waked, PharmD; Jeff Naagge, PharmD. Design by Adrian Poon, BA

