

BLOOD PRESSURE HOME MONITORING

BEFORE TAKING YOUR BLOOD PRESSURE



DO NOT
SMOKE
EAT
TAKE MEDICINE
DRINK CAFFEINE
EXERCISE
FOR 30 MINUTES PRIOR



GO TO THE BATHROOM

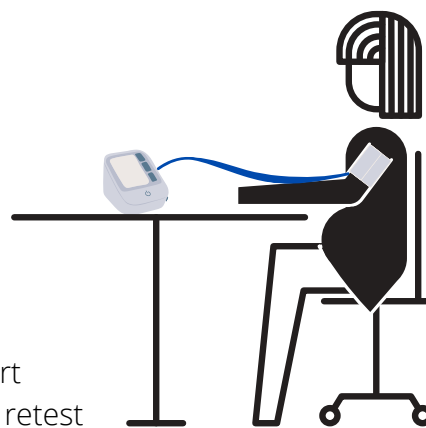


SIT QUIETLY FOR 5 MINUTES

RECORD YOUR BLOOD PRESSURE
TWICE A DAY
BRING YOUR LOG TO ALL APPOINTMENTS

HOW TO MEASURE YOUR BLOOD PRESSURE

- Find a quiet space where you can sit comfortably
- Avoid distractions (i.e., cell phone, TV, conversations)
- Sit with your arm propped at the same level as your heart
- Place bare arm through the cuff
- Tighten and secure cuff above your elbow
- Keep palm facing up, muscles relaxed
- Sit with legs uncrossed and back supported
- Keep feet flat on the floor
- If you are using a wrist cuff, hold your wrist next to your heart
- If your blood pressure is high, sit quietly for 15 minutes and retest



NOTIFY YOUR PROVIDER

IF YOUR BLOOD PRESSURE IS ABOVE 140 / 90

OR IF YOU EXPERIENCE ANY OF THESE SYMPTOMS:

STOMACH PAIN, FEELING NAUSEA; THROWING UP, SWELLING IN YOUR HANDS AND FACE,
HEADACHES, SEEING SPOTS, SHORTNESS OF BREATH

SEEK IMMEDIATE MEDICAL CARE
IF YOUR BLOOD PRESSURE IS 160/110 OR HIGHER

