

Home Blood Pressure Recording

Why you should take your Blood Pressure at home

Your blood pressure fluctuates significantly over time in relation to many factors, including medications, exercise, stress, caffeine and more. Also some people record substantially higher blood pressure readings in the doctor's office. This makes it difficult for your physician to accurately establish your true blood pressure without a controlled environment and testing regime. The following monitoring schedule will ensure improved BP reproducibility, individualized assessment of the risk posed by hypertension and ultimately help your physician choose the best treatment for you.

Getting your BP machine

Most modern BP machines suitable for home use are accurate, well validated and inexpensive. Machines which utilize an upper arm cuff are recommended. A list of recommended and well validated machines can be found at the website link below.

<https://www.hypertension.ca/en/hypertension/bp-devices-endorsed-by-hypertension-canada>.

Please note that expensive devices with additional features are not more accurate.

The correct cuff size is important for accurate measurement. Ask your pharmacist or supplier for help in choosing the right size for you.

The accuracy of your device will need to be checked periodically. Please follow the manufacturer's suggestions.

Preparing to record your Blood Pressure

- You will be taking 2 readings in the morning and 2 readings at night for 7 days in a row.
- Make sure you are taking your measurements **before breakfast** and **2 hours after dinner**.
- Don't have any medications, caffeine or tobacco before taking measurements.
- Don't exercise within 30 minutes before taking measurements.

Taking your Blood Pressure

- Apply Blood Pressure cuff to your non-dominant arm with no clothing on it just above the bend of the elbow. Your Doctor may tell you to use your other arm.
- Sit in a chair with back support and have your arm supported at chest height for 5 minutes
- Remember when you are taking the reading, stay still, do not speak, and have your legs uncrossed with feet flat on the floor.
- Take the first reading and record on the chart below
- Rest for at least one minute
- Take a second reading and record on the chart below

Making sense of the numbers

- The average of BP recordings on day 2 – 7 will be calculated after discarding the first day. This forms the basis for treatment decisions.
- The target for average Home BP for the general population is less than 135 systolic (the higher first figure) and less than 85 diastolic (the lower second figure).
- Your doctor might adjust the target downwards if you are at particular risk from hypertension, for example diabetics, or upwards, for example in advanced age.

THE YOUNG CLINIC

	<u>Morning</u>					<u>Evening</u>				
	<u>1st reading</u>		<u>2nd reading</u>		<u>Pulse**</u>	<u>1st reading</u>		<u>2nd reading</u>		<u>Pulse**</u>
	<u>Systolic</u>	<u>Diastol</u>	<u>Systolic</u>	<u>Diastol</u>		<u>Systolic</u>	<u>Diastol</u>	<u>Systolic</u>	<u>Diastolic</u>	
<u>Day 1*</u>										
<u>Day2</u>										
<u>Day3</u>										
<u>Day 4</u>										
<u>Day5</u>										
<u>Day6</u>										
<u>Day7</u>										

Average BP:

* The average BP is derived from all non-shaded fields. **Recording pulse is optional