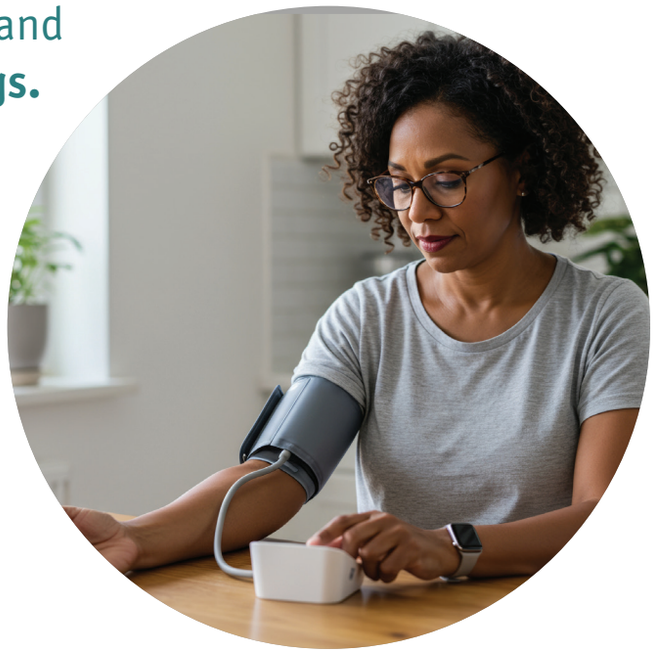
How to Take Your Blood Pressure at Home

CardioSmart
AMERICAN COLLEGE of CARDIOLOGY

Knowing if you have high blood pressure and controlling it depends on **correct readings.**



6 Tips to Correctly Measure Your Blood Pressure

1. Be sure your monitor is accurate

- If you need help choosing one, visit ***ValidateBP.org*** or ask a member of your health care team.
- Bring the monitor to your next health visit to compare its results with those taken in the office.

2. Get ready to take a reading

- Avoid smoking, caffeinated beverages, or exercise for 30 minutes.
- Empty your bladder.
- Rest for at least 5 minutes and try to relax – that means ideally no talking, using your phone or watching TV.

3. Sit correctly

- Sit up straight in an armchair, with back supported.
- Place feet flat on the floor.
- Rest your arm comfortably at heart level on a table.

4. Place cuff above the bend in the elbow

- Make sure the cuff is the correct size for your arm and fits properly.

5. Take at least 2 readings, 1 minute apart, twice a day (so 4 readings total)

- 2 readings in the morning before taking any blood pressure medicine.
- 2 readings around bedtime.

6. Record your results

- Bring them to your next health visit.
- Keep an eye on how readings compare to your target goal.

Blood pressure may be higher or lower outside a medical office. It's helpful to know if there are differences.

Top Number: **SYSTOLIC** (mm Hg)
The pressure or force in the arteries when the heart beats

Bottom Number: **DIASTOLIC** (mm Hg)
The pressure measured between heartbeats

NORMAL	ELEVATED	HIGH	
		STAGE 1	STAGE 2
below 120	120 *to* 129	130 *to* 139	140 *and above*
below 80	*below* 80	80 *to* 89	90 *and above*

Also called ***Hypertension***

For more information, visit
CardioSmart.org/BloodPressure

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