

HOW TO TAKE YOUR BLOOD PRESSURE

Why do I need to keep track of my blood pressure at home?

Your blood pressure is not always the same, so keeping track of it over time creates a “big picture.” Use the tips on this sheet to create the best picture possible for your healthcare provider.

What type of blood pressure monitor should I use?



- Make sure the cuff size is the right size for your arm. If you aren't sure about the size to use, ask your healthcare provider.
- You do not need an expensive monitor with extra features.
- Do not use an app to measure your blood pressure.

30 minutes before you take your blood pressure:

- DO NOT smoke
- DO NOT have caffeine
- DO NOT exercise



- DO use the rest room.



- DO sit quietly for 5 minutes before you take your blood pressure.



When you take your blood pressure

- Take your blood pressure in the morning and evening, at the same times every day.



- Sit up straight with your back supported and your feet flat on the floor.



- **Take your blood pressure in both arms the first time you take it at home. Use the arm that has the higher blood pressure for all blood pressure readings after that.** Keep your arm on a flat surface at heart

- Place the cuff just above the bend in your elbow. Do not put it over your shirt.

- Take your blood pressure two or three times each time. Wait one minute between readings. Use the average of the readings; some monitors do this automatically.



- Record your blood pressure. Bring your log with you to every appointment.



Week 7

Date	Morning BP	Morning heart rate	Evening BP	Evening heart rate	Time I last took medication	Did I follow my exercise and diet plan?	Do I have stress or pain?
	/		/				
	/		/				
	/		/				
	/		/				
	/		/				
	/		/				
	/		/				

Week 8

Date	Morning BP	Morning heart rate	Evening BP	Evening heart rate	Time I last took medication	Did I follow my exercise and diet plan?	Do I have stress or pain?
	/		/				
	/		/				
	/		/				
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This information is not intended to replace the medical advice of your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.



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