



Home Blood Pressure Monitoring

Quick Reference for Accurate Results

WHEN & HOW OFTEN TO MEASURE:

- Measure twice daily: morning (before meds/food) and evening (before dinner).
- Take 2 readings, 1 minute apart.
- Continue for 7–14 days (or weekly after medication changes).

RECORD YOUR RESULTS:

- Log date, time, BP (systolic/diastolic), and pulse.
- Use a notebook, app, or device memory.
- Share records at clinic visits.

PROPER SITTING POSITION FOR BP MEASUREMENT:

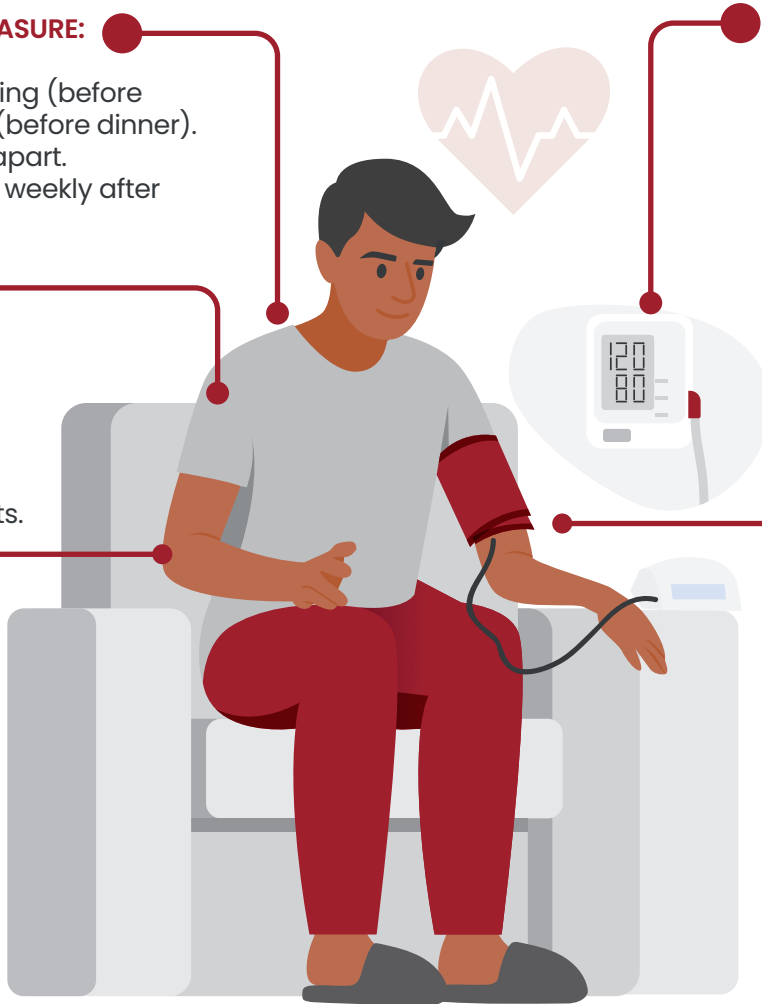
- Use a straight-backed chair with back support.
- Keep feet flat, legs uncrossed.
- Rest arm on a table, upper arm at heart level.
- Place cuff on bare skin, 1 inch above elbow crease.

USE THE RIGHT EQUIPMENT:

- Choose a validated upper-arm device with correct cuff size.
- Avoid wrist/finger monitors unless prescribed.
- Have your doctor check its accuracy.

BEFORE MEASURING BLOOD PRESSURE:

- Sit quietly for 5 minutes.
- Empty your bladder.
- No talking, phone, or TV.
- Avoid 30 minutes before: Caffeine, smoking, exercise, heavy meals, and stress.



DO THIS

Sit upright, back supported, feet flat

Relax for 5 minutes before testing

Uncross legs completely

Take 2 readings, AM & PM

Use validated monitor

Record all results

WHY IT MATTERS

Stabilizes circulation

Avoids falsely high readings

Can lower BP by 8–10 mmHg

Detects patterns & treatment response

Ensures accurate data

Helps your doctor manage your care



COMMON MISTAKES TO AVOID

- Talking during measurement
- Legs crossed (even at the ankles)
- Measuring too soon after physical activity or meals
- Incorrect cuff placement (too high/low or over clothes)
- Using the wrong arm position (too low = higher reading)

<120 AND <80 | Normal Blood Pressure

<120–129 AND <80 | Elevated Blood Pressure

130–139 OR 80–89 | High Blood Pressure Stage 1 Hypertension

140+ OR 90+ | High Blood Pressure Stage 2 Hypertension

180+ AND/OR 120+ | Hypertensive Crisis