

MY BLOOD PRESSURE (BP)



High blood pressure (BP) is the number one risk factor for stroke. It is important to check your BP regularly. Even if you have not been told that you have high BP, checking it at home can give you and your health provider useful information.

At home, the target for most people is below 135/85. **My target:** _____

Speak with your health provider about targets that are right for you.

If your average BP is too high, make an appointment with your health team.

MEASURING MY BLOOD PRESSURE (BP)

HOW DO I MEASURE MY BLOOD PRESSURE?

When checking your blood pressure at home:

- Rest for 5 minutes first
- Sit with legs uncrossed and feet flat on the floor
- Make sure your back and arm are supported, with your arm at heart level
- Place the cuff on your bare arm, 3 cm above the elbow
- Stay still and quiet during the monitoring

WHEN DO I CHECK IT?

Measure BP twice in the morning and twice in the evening (Take BP 1 minute apart, write down the second reading)

- For 7 days before a medical appointment;
- After a change in medication;
- Or as directed by your health provider.

Try to select a time:

- Before taking your medications
- After emptying your bladder
- When you have not had caffeine or tobacco for 1 hour
- When you have not exercised within 30 minutes

A good time to check your blood pressure may be:

- Before breakfast and 2 hours after dinner

Keep a record of your BP readings

- Use a log sheet or diary
- Share your readings with your health providers



Take your **morning reading** before breakfast and before you take your medicines

Take your **evening reading** at least 2 hours after eating

BUYING A BP MONITOR



1. **Choose a BP monitor with the Recommended by Hypertension Canada logo on the box:** hypertension.ca has a list of approved monitors

2. **Ensure your cuff is a good fit**

On the box, it will tell you the cuff fit range. Ask a pharmacist or staff member to verify the cuff arm size is a good fit for you.

3. **Check that your BP monitor is working properly**

Bring your monitor to your next health care visit to compare the BP reading from your monitor with the office machine.

TIP: BP monitor costs may be covered by insurance with a prescription. Discuss other options with your health team to check your BP if cost is a problem (such as checking at your pharmacy or community options).

