

How do you measure your blood pressure with a home monitor?

For the most accurate blood pressure measurement, make sure you follow the directions that come with the device. Try to measure at the same time each day, such as morning and evening or as your healthcare professional recommends. Remember, only measure your blood pressure if you have time to do it correctly.

Before the blood pressure measurement

- Rest and relax for 5 minutes in a quiet comfortable place with no distractions.
- Do not talk or watch TV while resting or when measuring your blood pressure.
- Wait at least two hours after a big meal and at least half an hour after drinking coffee or smoking.
- Go to the bathroom if needed.

During the blood pressure measurement

- Put the cuff on a bare arm.
- Do not measure blood pressure when you are uncomfortable, cold, anxious, stressed or in pain.
- Sit in a chair that supports your back and beside a table that can support your arm. If required, put a pillow or towel under your arm so that it rests at heart level. Do not cross your legs.
- Take at least two readings and record them with the date and time.



Comfortable with no distractions or talking

Arm supported at heart level

Seated with back support

Feet flat on the floor

Record all readings with the date and time in your blood pressure log. Bring your blood pressure log to every medical visit.

For most people, the target, or “healthy” home blood pressure is less than 135/85 mmHg. If you have diabetes or kidney disease, lower targets are recommended.

Your target home blood pressure is <___/___ mmHg.

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