


Measuring Your Blood Pressure at Home

Sit quietly in a chair without talking for at least 5 min



When taking your BP:

- Wait 60 min after drinking coffee or smoking
- Wait 30 min after exercise



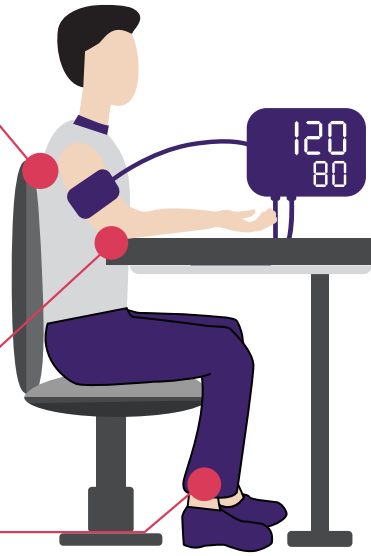
AM

Take at least 2 readings, 1 min apart before breakfast and BP medications

PM

Repeat in the evening 2 hours after dinner (if twice daily is required)

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Apply cuff according to manufacturer's instructions
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



If you get unusually high/ low readings wait 5 min - check again

Contact your kidney clinic team or primary care provider IF:

- BP is more than 10mmHg above/below target (top or bottom number) over several readings

Seek medical assistance immediately IF:

- Sudden onset or new or worsening symptoms of chest pain, shortness of breath, light headedness/dizziness, change in vision or difficulty speaking; OR
- BP is more than 180/110 mmHg even without symptoms

Keep a record, bring it to clinic

My BP Target:

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* Adapted with gratitude from Hypertension Canada