

How to Take Your Own Blood Pressure

Before You Measure

1. Use a certified, automated device that measures blood pressure (BP) using your arm (not finger or wrist).
2. Be sure the cuff is the right size for your arm.
3. Do not exercise, smoke, eat a large meal, take decongestants or have caffeine within 30 minutes of measuring your blood pressure.
4. Use the bathroom, if you need to, before the measurement.
5. Rest for five minutes before measuring your blood pressure.
6. Position yourself correctly
 - Sit with your legs uncrossed and feet flat on the floor (or stool).
 - Sit in a chair with your back supported.
 - Rest your arm on a table close to heart level.
 - Place the blood pressure cuff over bare skin, on mid-arm at heart level and just above your elbow.



Take Your Blood Pressure

1. Do not talk, text, read, watch TV or use your phone, computer or tablet while measuring your blood pressure.
2. Turn on the machine and push the start button.
3. When the machine stops, write down the upper and lower BP numbers (systolic and diastolic) if the machine does not store them automatically.
4. Wait one to two minutes and then take your blood pressure again (some machines will do this automatically). You should always check at least two blood pressure measurements one to two minutes apart and write them down.
5. Take two blood pressure measurements in the morning and two in the evening for one week, and report them to your doctor's office.

Home Blood Pressure Chart

Name: _____

Date of birth: _____

Instructions for self-measured blood pressure at home

Decide with your doctor or care team if you should use this form. You may not need to use it if your blood pressure device is able to store your readings and you are able to share those readings with your clinician.

MORNING				EVENING		
Date	#1	#2	Avg/Notes	#1	#2	Avg/Notes
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						



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