

Your health care provider may suggest that you start checking your blood pressure at home on a regular basis. It is important that you do so correctly!

Before you check your blood pressure:

- Go to the bathroom if you need to.
- Rest quietly for 5 minutes.
- Sit upright in a chair, feet flat on the floor (not crossed!) and back supported.
- Do not smoke, exercise or drink caffeine for 1 hour before.
- Make sure to put the blood pressure cuff on a bare arm (not over a sleeve).

While taking your blood pressure:

- **Do not talk or move.**
- Have your **arm supported**, making sure the cuff is at the **level of your heart**. A table, desk or arm rest is a good height.
- Make sure the cuff around your arm is **3 cm above your elbow**.
- Ensure you are in a **quiet, non distracting environment**.



After you check your blood pressure:

- Write down **the value, date, time and the arm** you checked on the log sheet (back of this brochure!)

Check in the **morning** before breakfast and in the **evening** (2 hours after supper)

Use the log on the other side! →