HOME BLOOD PRESSURE MONITORING INSTRUCTIONS

Please review the lifestyle treatments for high blood pressure at: https://hypertension.ca/hypertension-and-you/managing-hypertension/what-can-i-do/ or Google Search "Hypertension Canada lifestyle"

Please email your logbook to patient@okheart.ca or fax to 250-762-8337

INSTRUCTIONS

Your readings should be done on your non – dominant arm (the arm you don't use to write)

BEFORE:

- Avoid caffeine, tobacco and exercise for at least 30 min prior to taking your BP
- Sit still for at least 5 mins with your back straight and supported and your feet flat on the floor
- Rest your arm on a flat surface such as a kitchen table so your upper arm is at mid chest (heart) level

DURING:

- Take 2-3 measurements each time (unless your BP machine gives you an average automatically). Do not record the first measurement, record the second (and third)
- Make note of any symptoms you may be experiencing such as:
 - Light headedness when standing
 - Dry cough
 - Swelling around the feet or ankles
- Write down all numbers using a log book see example below
- Write down any dose changes to your medications

WHEN

- Measure your BP in the morning before your medications (AM)
- Measure again prior to dinner time (PM)

DATE	AM	PM	NOTES
January 18	137/89	140/91	Mild dizziness when standing suddenly
	132/80	137/89	
	134/85	132/86	

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