

Blood Pressure Monitoring at Home

1. Best to check BP between 6 and 10 a.m. (It is also helpful to check the blood pressure in the evening for one week to rule out the possibility of a rise in blood pressure later in the day, an uncommon but possible condition—once this is ruled out, it is not necessary to check again).
 - a. Sit in a comfortable chair with a back rest.
 - b. Keep legs uncrossed and feet resting on the floor.
 - c. Arm with the BP cuff on should be rested on a counter that is at the same level as your heart.
2. Relax for five minutes with the BP cuff on and then take your blood pressure three (3) times, one (1) minute apart.
 - a. Average the three readings by adding them up and dividing by three.
 - b. Record this average in your BP log.
 - c. If you are 50 years of age or older, it is only necessary to add up and average the top (systolic) figure.
3. Repeat this procedure daily for seven (7) days.
 - a. At the end of the 7 days, add up the 7 recorded averages determined as in #2 and divide the total by 7.
 - b. This will give you the average BP for the week and it this figure that can be used to determine how to precede in the management of your blood pressure.
 - i. If your weekly average is 130 or greater, call the office for action on lowering your blood pressure to more healthy levels.
 - ii. If your weekly average is between 120 and 129, continue your current program and discuss if any action needs to be taken the next time you visit the office.
 - iii. If your weekly average is 119 or less, congratulations—you have reached the goal for your blood pressure that best promotes good health. You can put your BP cuff away for three (3) to six (6) months and then repeat this procedure again.
 - c. If your average BP reading was 130 or more and you called the office for directions as to how to alter your program to achieve better readings, proceed as following:
 - i. Follow the new program as directed for three (3) weeks. It is not necessary for you to check your blood pressure during this time unless you should become lightheaded.
 - ii. After three weeks, repeat this one week BP check as described in #1-3b above.