

Secondary Prevention Best Practice Tool Kit

Taking Your Blood Pressure (BP) at Home

1. Same time everyday



- choose a convenient time
- don't schedule the BP reading just before running off to work or an appointment

2. ½ hour before taking your BP

- do not drink caffeine (coffee, Pepsi, Coke) or smoke



3. 10 minutes before taking your BP, gather your BP machine and then sit quietly in a straight back chair preferably at a desk or table.

4. Take your BP reading

- always choose the same arm
- place the cuff on your bare arm
- keep your upper arm at heart level
- your feet should touch the floor and your legs should not be crossed
- do not talk or watch TV while taking your blood pressure
- take your BP reading 3 times – one to two minutes a part each time



My arm circumference is ___ cm

5. Record your BP reading

- do not record the first reading
- record the second and third readings
- if your BP reading is higher than your target 3 to 4 times in a week, you should call your family doctor.



My target BP is: _____

Date/Time	BP# 2	BP # 3	Date/Time	BP #2	BP #3

Used with permission from APSS (Alberta Provincial Stroke Strategy, February 2009)



Canadian Stroke Network

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Buying a home blood pressure monitor

Devices used to measure blood pressure at home can be purchased from most pharmacies and from other stores that sell health-care equipment. The retail staff should be able to provide training in the use of the blood pressure monitor and should assist in selecting the proper cuff size and features for you. This statement should appear on the box and/or in material supplied with the device.

Recommended by the Canadian Hypertension Society.

Blood pressure measuring devices that have a memory or printout for storing readings are recommended as this allows your doctor to see all readings that have been taken. Ask your doctor or pharmacist to check the monitor to make sure it measures your blood pressure accurately. Automated blood pressure recording devices may not work properly in all individuals such as persons with an irregular heart rhythm. Some models may perform better than others when an irregular heartbeat is present. If you have this condition, mention it to the sales staff and make certain that the device takes proper readings before making a purchase.

Recommended Models

A&D® or LifeSource® monitors Models: 705, 767, 767PAC, 767Plus, 774, 774AC, 779, 787EJ, 787AC, 787W

Omron® monitors Models: HEM-705CPCAN, HEM-741CAN, HEM-711DLXCAN, HEM-773ACCAN, HEM-775CAN, HEM-790ITCAN

Microlife® or Thermor BIOS Diagnostics ® monitors (also sold as 'private label brands') Model: BP 3BTO-A, BP 3AC1-1, BP 3AC1-1 PC, BP 3AC1-2, BP 3AG1, BP 3BTO-1, BP 3BTO-A (2), BP 3BTO-AP, RM 100, BP A100 Plus, BP A 100.

Note: WRIST blood pressure monitors of any kind are not recommended for use.

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Recommended Models Endorsed by the Canadian Hypertension Society

LifeSource



787EJ

A & D



Model

LifeSource



787W

BP 3BTO-



A

Omron HEM-



711DLX

Omron HEM-790IT w



Cuff

Omron HEM-775



Model

Omron HEM-773 W ComFit



Cuff

Additional information regarding home blood pressure recording devices can be found at: <http://hypertension.ca/chep/approved-home-bp-devices>