

What blood pressure (BP) device to use?

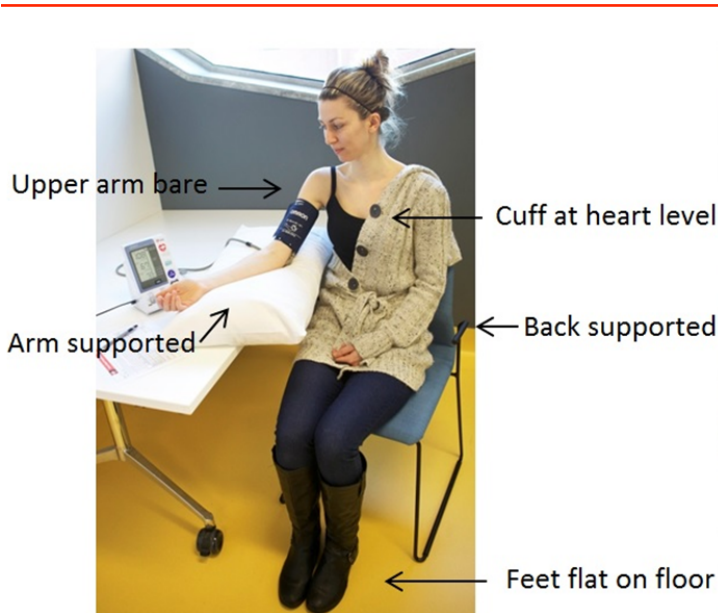
- DO** use a validated, automated machine, preferably with storage memory – a list of validated BP devices can be found at: <http://www.bhsoc.org/bp-monitors/bp-monitors/>
- DO*** buy, hire or borrow a machine
- DO** use an appropriate sized cuff (fits the arm within the accepted range indicated on the cuff)
- DO** use an upper arm cuff (NOT a wrist or finger cuff)

When to take home BP?

- DO** take measures at around the same time in the morning and evening
- DO** take before taking medication, food or vigorous exercise
- DO** take for 7 days (5 day minimum)
- DO** take as advised by your doctor e.g. before visiting the doctor or after medication change

How to take home BP?

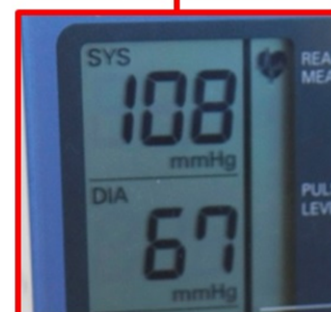
- DO** sit quietly for 5 minutes (no talking/distractions such as TV/extreme temperatures)
- DO** sit with feet flat on floor, legs uncrossed, upper arm bare, back and arm supported (relaxed position with the cuff at heart level: see figure)
- DO** take two measures 1 minute apart
- DO** record each measure in a paper diary or an electronic spread sheet
- DO**** take a copy of the BP readings to your doctor appointment
- DO NOT** smoke or drink caffeine 30 minutes before measuring BP
- DO NOT** measure your BP if uncomfortable, stressed or in pain



Measure your BP



Immediately record your BP



The top number 'SYS' is systolic BP (SBP) and the bottom 'DIA' is diastolic BP

*Automated BP machines can be purchased from a chemist, online or from a medical equipment supplier. Rebates are available from most Australian private health insurance providers. **Average the BP values over all the days, but discard the readings on the first day of monitoring.