

Home Blood Pressure Monitoring for Patients

Instructions

Your provider has recommended that you check your blood pressure (BP) at home. If you do not have a blood pressure cuff at home, one will be provided for you. Contact your provider if you have not received your monitor within 1 week.

Helpful Tips for Accurate Home Blood Pressure Checks

- Don't smoke, exercise, or drink caffeine 30 minutes before checking your BP
- Use the restroom before checking your BP (a full bladder can raise your pressure)
- Relax in a comfortable upright chair
- Feet on the ground
- Left arm resting comfortably on a flat surface at the level of your heart
- Legs uncrossed
- Back supported
- Sit quietly and don't talk
- Place the cuff on your bare arm
- Adjust snugly, so that only two fingertips can fit between your skin and the top of the cuff
- Check 2 readings separated by at least one minute
- Keep a log of your BP readings
- For a visual, please reference this diagram: <http://ccnc.care/bpdiagram>

Provider Name:

Phone:

Zone 1: ALL CLEAR	Zone 2: CAUTION	Zone 3: EMERGENCY
<p>Continue to monitor your symptoms:</p> <ul style="list-style-type: none">▪ BP reading is less than 140 (top number) or less than 90 (bottom number)▪ No right upper stomach pain▪ No headaches or seeing spots▪ No feeling nauseated or throwing up▪ No swelling in face and hands	<p>Call your doctor's office for any of the following:</p> <ul style="list-style-type: none">▪ BP reading is greater than 150 (top number) or greater than 100 (bottom number)▪ Stomach pain under your ribs in the middle or right side▪ Headaches or seeing spots▪ Feeling nauseated or throwing up▪ Swelling in face and hands	<p>Seek immediate medical care if you have any of the following:</p> <ul style="list-style-type: none">▪ BP reading is greater than 160 (top number) or greater than 110 (bottom number)▪ Severe headaches not improving with Tylenol▪ Serious difficulty catching your breath▪ Any worsening symptoms from Zone 2