

# Monitoring Your Blood Pressure at Home

Sit calmly in a chair and don't talk for at least 5 minutes.



Make sure your feet are flat on the floor with your back straight.

30



30 minutes prior to taking a reading, don't smoke, exercise or drink caffeine or alcoholic beverages.

Use a properly calibrated and validated instrument. Check the cuff size and fit.

Rest your left arm on a flat surface at heart level.

Place the bottom of the blood pressure cuff above the end of the bend of the left elbow.

AM

Take at least two readings, 1 minute apart in the morning before taking medications.

PM

Repeat in the evening before eating dinner.

## BLOOD PRESSURE LEVELS

CATEGORY	SYSTOLIC (upper number)	and	DIASTOLIC (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High – Stage 1	130-139	or	80-89
High – Stage 2	140 or higher	or	90 or higher
Crisis*	Higher than 180	and/or	Higher than 120

\*Consult your doctor immediately

RECORD ALL RESULTS



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HEALTHCARE