



Measure Your Own Blood Pressure

Measure your blood pressure regularly to help your health care team take steps to control your blood pressure if it is too high.

Why do I need to measure my blood pressure?

Measuring your blood pressure is the only way to know whether you have high blood pressure. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

How can I measure my blood pressure at home?

We will be providing you a blood pressure monitor. These monitors are easy and safe to use. A health care team member can show you how to use one if you need help.

To learn how to take your blood pressure, click this [link](#) to watch a video.

When taking your blood pressure, do the following:

- A. No smoking or nicotine 15-30 minutes before taking blood pressure.
- B. No caffeinated beverages one hour before taking blood pressure.
- C. Rest for 5 minutes before taking blood pressure.
- D. Sit up straight with the back supported. The arm should be supported so the elbow is just below heart level.
- E. Never cross the legs when measuring blood pressure.
- F. Do not talk while measuring blood pressure

Learn about the proper way to measure your blood pressure and things that can affect your blood pressure reading. Use this [blood pressure log](#) to record your blood pressure measurements.

If you notice blood pressure numbers that are regularly higher than 180/110 OR have any of the following symptoms:

- Vision changes
- Chest pain
- Trouble breathing
- Swelling in your legs
- Dizziness
- Headache
- Confusion or trouble moving your arms or legs or trouble speaking

Please call for help immediately.

Sources:

CDC [High Blood Pressure](#) - Measure your Blood Pressure

AMA - Hypertension. [7 Simple Tips to Get an Accurate BP Reading.](#)

American Heart Association - "[High Blood Pressure](#)"