

KNOW YOUR blood pressure

How do I take my blood pressure at home?

- Avoid alcohol, caffeine and cigarettes for 30 minutes before measurement
- Sit quietly with dominant arm at heart level and back resting against a chair
- In the morning and evening, you should check your blood pressure twice, one minute apart
- If you are over age of 65 or diabetic, also check standing blood pressure. *Here's how:* Take BP once while sitting, stand and wait one minute before taking standing BP. Call your doctor if systolic drops more than 20 or diastolic drops more than 10

Hypertension is the #2 cause of Chronic Kidney Disease and End Stage Renal Disease.

54% of Stroke and 47% of Ischemic Heart Disease are caused by Hypertension.

Why is it important to monitor my blood pressure

Office blood pressures alone are not enough to diagnose or treat hypertension. Home BP Monitoring and 24 hour ABPM are the best tools to identify and treat hypertension.

My Medication Schedule

AM

PM

Bed Time

Target Blood Pressure

Home BP
< 135/85

Office BP
< 140/90

24 Hour ABPM
< 130/80

Lifestyle Modifications

BP Reduction

✓ Follow the DASH Diet	8-14 mmHg
✓ Reduce Sodium intake to less than 2000mg/day	2-8 mmHg
✓ Limit alcohol consumption & avoid binge drinking	2-4 mmHg
✓ 30-60 Minutes of Moderate Physical Activity 4-5 days per week.	4-9 mmHg
✓ Smoke Free Environment	2-4 mmHg
✓ Weight Loss/ Maintain Healthy Body Weight	5-20 mmHg
✓ Stress Reduction	5 mmHg

Results of My 24 Hour ABPM:

Date: _____

24 Hour: _____

Day: _____

Night: _____



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If your blood pressure is over 180/110 or you have symptoms of stroke or heart attack, call 9-1-1.

Your Name: _____ D.O.B: ____/____/____



Example	Date	Blood Pressure		Pulse	
		144/84	82	114/62	66
	1/7	140/80	80	111/62	68
Day 1		/		/	
Day 2		/		/	
Day 3		/		/	
Day 4		/		/	
Day 5		/		/	
Day 6		/		/	
Day 7		/		/	
Day 8		/		/	
Day 9		/		/	
Day 10		/		/	
Day 11		/		/	
Day 12		/		/	
Day 13		/		/	
Day 14		/		/	
Day 15		/		/	

Day	Date	Blood Pressure		Pulse	
		AM	PM	AM	PM
Day 16		/		/	
Day 17		/		/	
Day 18		/		/	
Day 19		/		/	
Day 20		/		/	
Day 21		/		/	
Day 22		/		/	
Day 23		/		/	
Day 24		/		/	
Day 25		/		/	
Day 26		/		/	
Day 27		/		/	
Day 28		/		/	
Day 29		/		/	
Day 30		/		/	

Standing Blood Pressure: Refer to instructions on front.

Date	Sitting BP	Pulse	Standing BP	Pulse