

## **Monitoring your Blood Pressure at Home**

### ***The ABCD's of Monitoring Your Blood Pressure:***

#### **Achieve a calm state**

- Make sure you are quiet and relaxed
- Sit calmly without talking for about 5 minutes
- Make sure your reading isn't affected by: caffeine, alcohol, exercise, or smoking

#### **Body posture is important**

- Sit in a chair with feet on the floor
- Legs should not be crossed
- Arm should be bare and should be supported at heart level

#### **Calibrate & check equipment**

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

#### **Double check any high readings**

- If blood pressure registers high, take two readings 5 minutes apart
- Confirm any elevated readings in the opposite arm

(Retrieved from the American Heart Association, [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_445846.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_445846.pdf))



### ***Blood Pressure Monitoring – Video Instructions***

- ✓ **How to Monitor your Blood Pressure at Home** (American Heart Association):  
<https://www.youtube.com/watch?v=Uq7R7JR5d38>

### ***Basic Steps for Home Measurement***

- Rest quietly for 5 minutes beforehand
- Sit with your feet flat on the floor, back and arm supported, and arm at heart level
- Apply cuff on a bare arm

- Measure blood pressure twice in the morning and twice in the evening for 7 days before doctor's appointment (or after a change in medication)
- Keep blood pressure readings in a log
- Do not smoke or drink caffeine 30 minutes beforehand
- Do not speak during monitoring

(Retrieved from Hypertension Canada, <https://www.hypertension.ca/en/hypertension/what-do-i-need-to-know/how-to-measure-my-blood-pressure>)



## ***Do's and Don'ts for Home Blood Pressure Monitoring***

**DO** the following:

- ✓ Follow directions that come with the device
- ✓ Rest for 5 minutes before taking your blood pressure measurement
- ✓ Empty your bladder and bowels before taking your blood pressure
- ✓ Sit with your feet flat on the floor, back and arm supported, and arm at heart level
- ✓ Completely remove all clothing from your upper arm
- ✓ Measure blood pressure in the morning (before taking medication & eating) and in the evening (before taking medication and before going to bed.)
- ✓ Take at least 2 measurements, waiting 1-2 minutes between readings; record date and time

### **DO NOT:**

- ✗ Cross your feet
- ✗ Smoke or drink caffeine for 30 minutes before taking a reading
- ✗ Eat a big meal for 2 hrs before taking your blood pressure
- ✗ Wear tight clothing on your arm
- ✗ Talk or watch TV during the test
- ✗ Measure your blood pressure when you are cold, anxious, uncomfortable, stressed or in pain

(Retrieved from Hypertension Canada:

[https://www.hypertension.ca/images/2014\\_EducationalResources/2014\\_ManagingYourBloodPressure\\_EN\\_P1005.pdf](https://www.hypertension.ca/images/2014_EducationalResources/2014_ManagingYourBloodPressure_EN_P1005.pdf))



## ***Blood Pressure Monitoring Devices Endorsed by Hypertension Canada***

(Retrieved from: <https://www.hypertension.ca/en/hypertension/what-do-i-need-to-know/how-to-measure-my-blood-pressure/918-public/landing/249-devices-endorsed-by-hypertension-canada>)

Devices used to measure blood pressure at home can be purchased from most pharmacies and from other stores that sell health-care

equipment. This statement should appear on the box and/or in material supplied with the device: Recommended by Hypertension Canada. Blood pressure measuring devices that have a memory or printout for storing readings are recommended as this allows your doctor to see all readings that have been taken. Ask your doctor or pharmacist to check the monitor to make sure it measures your blood pressure accurately.

- **A&D® or LifeSource® Models:** 705, 767, 767PAC, 767Plus, 774, 774AC, 779, 787EJ, 787AC, 787W, 631, 853, 854, 855, UA 1020CN (UA 1030CN)
- **Atico International and Le Groupe Jean Coutu Models:** KD-556, KD-5031, KD-5963, A58H0401
- **Beurer North America LP Models:** Beurer BM35, Beurer BM44, Beurer BM60, Beurer BM47
- **HoMedics® Models:** BPA-040-0CA (BP-A04-00CA), BPA-060-0CA (BP-A06-00CA), BPA-110-2CA (BP-A11-02CA)
- **iHealth Models:** Blood Pressure DOCK-BP 3, iHealth BP5
- **Microlife® or BIOS® Models** (also sold as 'private label brands'): BP 3BTO-A, BP 3AC1-1, BP 3AC1-1 PC, BP 3AC1-2, BP 3AG1, BP 3BTO-1, BP 3BTO-A (2), BP 3BTO-AP, RM 100, BP A100 Plus, BP A 100, BP 3AL1 . 3E, BP 3MX1-1, 3AN1-3X, 3MS1-4K
- **Omron® Models:** HEM-705CPCAN, HEM-741CAN, HEM-711DLXCAN, HEM-773ACCAN, HEM-775CAN, HEM-790ITCAN, BP742CAN, BP760CAN, BP762CAN, BP785CAN, BP710CANN, BP742CANN, BP765CAN, BP761CAN, BP786CAN
- **Physio Logic Model:** HL868BA, 106-910, 106-915
- **Thermor:** BIOS Diagnostics BD215, BD209 (BD204), A6PC
- **Tremblay Harrison Inc Models :** ABP-C1, ABP-C2 and ABP-C3

#### ***Store Brand Product Numbers and their Equivalent Models***

- **Exact:** 83577 (BP 3BM1-4D); 01281 (BP 3MV1-3E); 01282 (BD205)
- **Selection:** 92382 (BP 3MU1-3E)
- **Reserve:** RBPM1352 (BP 3AA1-2)
- **Be Better:** RX802 (BP 3NB1-1X); RX800 (BD204); RX805 (BD209)
- **Life Brand:** 5534 (BP 3BX0-1); 6719 (BP A100 Plus); 6359 (BP 3AA1); 7482 (BD215)
- **Option+:** D418906 (BP 3BNK1)
- **Equate:** 20457 (BP 3AC1-1); 20557 (BP 3BF2-A); 20657 (BP 3AN1-3X)