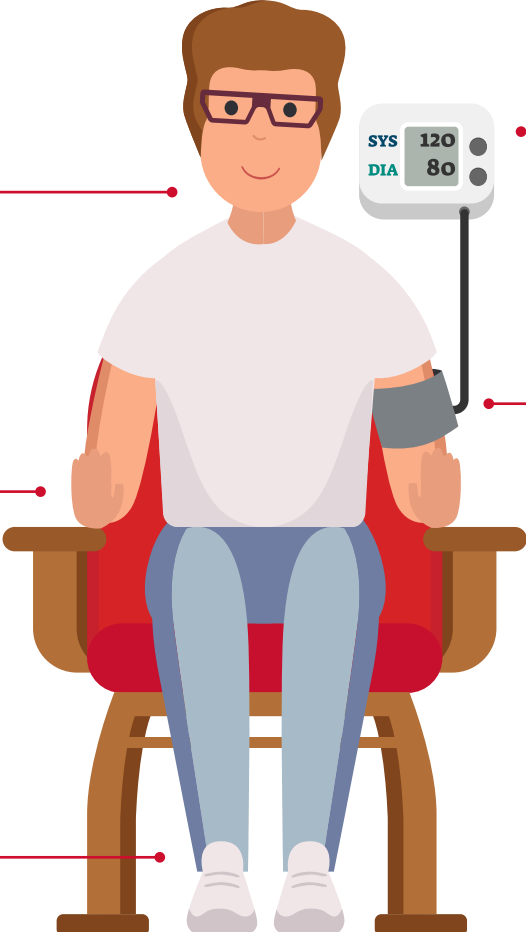


Measuring your blood pressure at home

Follow this advice when measuring your blood pressure at home



Measure your blood pressure before eating, taking medication or vigorous exercise. Ensure you have an empty bladder and don't drink coffee or smoke within 30 minutes before your reading.

Don't measure your blood pressure if you feel uncomfortable or if you are stressed or in pain. Sit quietly for 5 minutes before taking a reading. Avoid talking during the reading.

Sit with your feet flat on the ground. Keep the top half of your arm bare and your back and arm supported and in a relaxed position.

It is important that you only use validated machines ([check here](#)) that have been properly tested for accuracy. Finger and/or wrist blood pressure devices are not recommended.

Use a cuff that fits the top half of your arm properly. Sit in a relaxed position with the cuff at heart level.

Measure your blood pressure for 7 days (minimum 5 days) at around the same time in the morning and in the evening. Each time you measure, take 2 readings, 1 minute apart.

What to do after you measure your blood pressure?

Record each reading in a paper or digital diary that you can take to your next doctor's appointment. You can use the diary on the next page to record your blood pressure values. Speak to your doctor about your blood pressure and visit the Heart Foundation's website to learn more about how to manage high blood pressure.

heartfoundation.org.au

My Blood Pressure Diary



Name: _____ Start date: ____ / ____ / ____



Measure your blood pressure (BP) for 7 days (minimum 5 days) at around the same time in the morning and in the evening. Each time you measure, take 2 readings, 1 minute apart, and record the numbers from each reading below.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening
SBP 1														
DBP 1														
SBP 2														
DBP 2														
												Average BP (exclude Day 1)	SBP	DBP

SBP = systolic BP (the top number) DBP = diastolic BP (the bottom number)

Medications (name and dose):

Other BP readings as requested by your doctor (e.g. standing or midday or when you are symptomatic i.e. dizzy/headache):

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