

How to Measure Your Blood Pressure at Home

1. Find a validated device

Use a blood pressure machine that has been validated for use in children.
A list of validated machines can be found at www.stridebp.org/bp-monitors/

2. Pick the correct cuff to use

Appropriate to the child's arm size using indicators available on the cuff. If two cuffs fit, then choose the larger one.

3. Getting ready!

Sit quietly for at least 5 minutes prior. Do not measure blood pressure if distressed, in pain, immediately following exercise, or within 30 minutes of caffeine intake.



4. How to measure

Appropriately sized child cuff to be at heart level, on bare right arm, sitting with feet flat on the ground, arm relaxed, and back supported.

5. Measure blood pressure

Take two measurements, at least 1 minute between each reading.
Record both results.

6. Record in the diary

Measure and record your blood pressure as instructed. Take your diary to your appointment.

My Blood Pressure Diary

Name: _____ DOB: _____ URN: _____

- Please measure your blood pressure for 7 consecutive days (minimum 5) or as instructed by your doctor morning and evening.
- Please refer to 'How to measure your blood pressure at home' for correct technique.
- Each time you measure your blood pressure, take 2 readings, 1 minute apart and record in allocated boxes.

Individualised monitoring instructions:

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
1st BP														
2nd BP														
Comments														

Blood Pressure machine used: _____

Cuff size used: _____

Current Medications: _____

