

HOW TO CHECK YOUR BLOOD PRESSURE

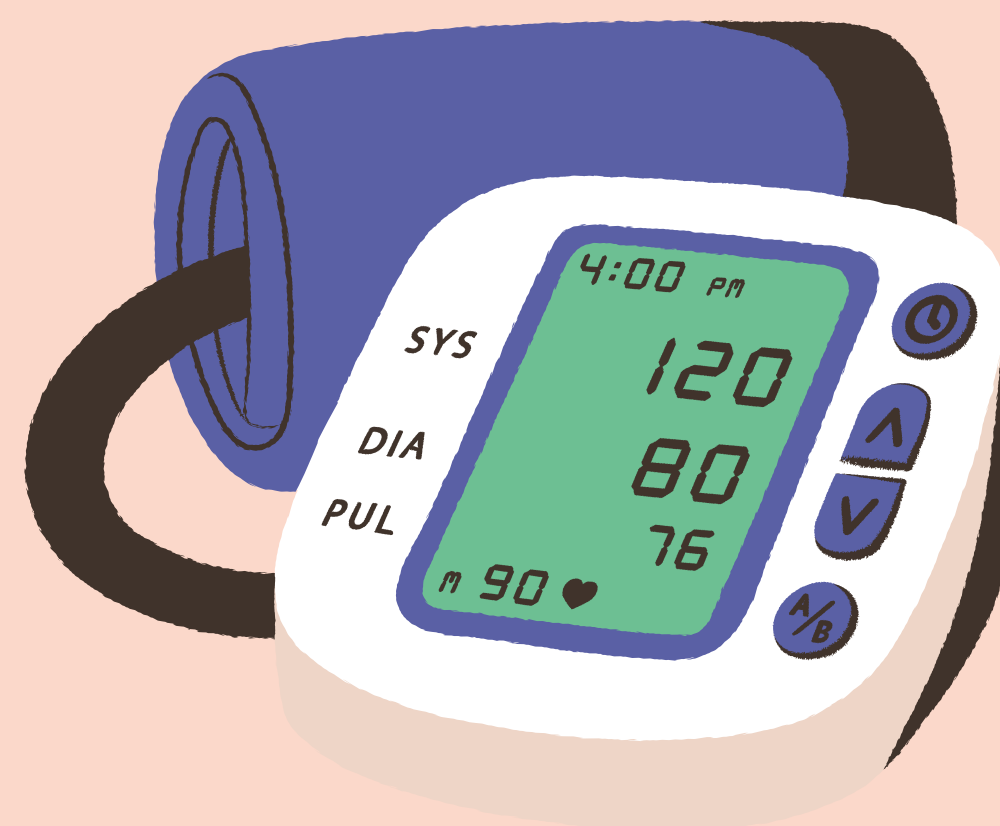
AND OTHER HELPFUL FACTS

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HOW TO:

Get a blood pressure monitor from the store or pharmacy. Follow these tips:

- **Before checking:**
 - Do not eat or drink for 30 minutes
 - Use the bathroom
 - Sit down for 5 minutes
- **While checking:**
 - Sit in a comfy chair with your feet flat on the floor
 - Put the cuff on your bare arm with no clothing under it. The cuff should fit snugly. It should not be loose.
 - Rest this arm on a flat surface at the level of your chest.
 - Press the start button, and do not talk while it takes the reading.
- **After checking:**
 - Write down the blood pressure reading from the machine on your log.
 - Take a second blood pressure 1 to 2 minutes after you take the first one.
 - If your reading is high, you may need to inform your doctor. Ask them what your readings should be.



WHY DO I NEED TO CHECK IT?

High blood pressure, also known as hypertension, usually has no warning signs. It can cause harm if it is high or not treated for a long time. The only way to know if you have it is to check it.

WHERE CAN I HAVE IT CHECKED?

- Doctor's office
- Pharmacy
- At home with a monitor

HOW OFTEN SHOULD I CHECK IT?

Your health care team will instruct you to do so if necessary. Often once or twice a day, such as in the morning or at night, around the same time each day is recommended.

SOURCE: [HTTPS://WWW.CDC.GOV/BLOODPRESSURE/MEASURE.HTM](https://www.cdc.gov/bloodpressure/measure.htm)

[HTTPS://WWW.HEART.ORG/EN/HEALTH-TOPICS/HIGH-BLOOD-PRESSURE/UNDERSTANDING-BLOOD-PRESSURE-READINGS/MONITORING-YOUR-BLOOD-PRESSURE-AT-HOME](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home)

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