

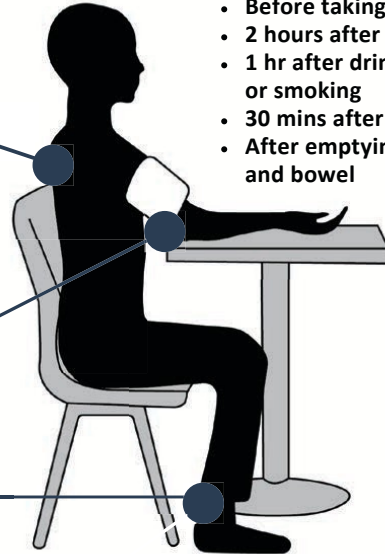
Measuring blood pressure the right way

How?

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for arm
- ✓ Middle of the cuff at heart level
- ✓ Do not talk and be relaxed between measurements
- ✓ Legs uncrossed
- ✓ Feet flat on the floor

When?

- Before taking medication
- 2 hours after eating
- 1 hr after drinking coffee or smoking
- 30 mins after exercise
- After emptying bladder and bowel



What is my target blood pressure?

Everyone's blood pressure target is different. Your age, health conditions, and whether you're checking your blood pressure at home or at your clinic can all affect what your goal should be.

Systolic	Diastolic	Action
Below 129	Below 80	Maintain or adopt healthy behaviours
130-139	80-89	Maintain or adopt healthy behaviours. For adults at high cardiovascular risk, talk to your healthcare provider.
140 and higher	90 and higher	Adopt healthy behaviours. Talk to your healthcare provider about taking medications.
Note: Blood pressure higher than 180/120 may be a hypertensive emergency. Wait a few minutes and take blood pressure again. If there are no other signs and symptoms, talk to your healthcare provider. For chest pain, shortness of breath, back pain or difficulty speaking, call 911.		

Figure and information adapted from Hypertension Canada Guideline. For more info visit hypertension.ca

Date	Time/Comments	BP #1	BP #2
	AM		
	PM		
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