

# Home Blood Pressure (BP) Monitoring: Practical Instructions for Patients

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## How many blood pressure (BP) readings should a patient take at home to inform a hypertension treatment decision?

Home BP monitoring is an important step in the evaluation and management of hypertension. Clinicians can facilitate more meaningful home BP readings by educating patients on how to measure their BP accurately.

Cardi-OH has developed **practical instructions** to share with patients for accurate home BP monitoring. Consider adapting these tips for use in clinical after-visit instructions.



## When Should You Measure Your Blood Pressure?

In the 3-5 days before your next visit, take your blood pressure according to the schedule below, and record all blood pressure readings in a log.<sup>1</sup>



### Each day, take:

- 2 blood pressure readings in the **morning**, before taking your medications and
- 2 blood pressure readings in the **evening**, before going to bed<sup>2</sup>

## How to Take Your Blood Pressure at Home:

- 1 Do NOT smoke, exercise, or drink caffeine in the 30 minutes before checking your blood pressure.
- 2 Sit in a chair with your back supported, and feet flat on the floor.
- 3 Rest your arm on a table at heart level.
- 4 Sit at rest for at least 5 minutes before taking the first blood pressure reading.
- 5 Do NOT talk during the 5 minute rest period or while taking your blood pressure.
- 6 Wait 1 minute before taking the second reading each time (morning and evening).
- 7 Write down the two readings along with the date and time.

## Remember!

Bring both your log and home blood pressure monitor to each clinic visit to check against your doctor's office machines.

Additional information on accurate home and office blood pressure measurement is available at [cardi-oh.org/resources](https://cardi-oh.org/resources) and on Twitter [@cardi\\_OH](https://twitter.com/card_i_OH).

### CITATIONS

1. Bello N et al. J Am Heart Assoc. 2018;7:1-6. doi: 10.1161/JAHA.118.008658
2. Muntner P et al. Hypertens 2019; 73:e1-32. DOI: 10.1161/HYP.0000000000000087