

Blood Pressure - Home Monitors and How to use them

Before using home Blood Pressure (BP) monitoring equipment, you should check its accuracy with your healthcare provider's BP reading and repeat this check every six months. Also:

- Take BP at the same time or times of day, every day
- Relax and wait at least a half hour after eating, drinking caffeinated beverages, or exercising before checking BP
- Remove clothing that may interfere with proper cuff placement
- Rest arm on a table (at heart level) with both feet flat on the floor
- Take 2 readings at least one to two minutes apart
- Take a third reading if the first 2 differ by 5 points or more