Monitoring your blood pressure

Feel your best by monitoring your blood pressure every day. High blood pressure can affect the health of your kidneys and your overall health too!

Tips for measuring your blood pressure

- ✓ Measure your blood pressure at the same time every day.
- ✓ Make sure your cuff is the right size – too small or too large cuffs will give incorrect readings.
- ✓ Avoid caffeine, tobacco, alcohol, and exercise for 30 minutes before taking your blood pressure.
- ✓ Empty your bladder before taking your blood pressure.
- ✓ Sit quietly with your legs uncrossed for 3-5 minutes before checking your blood pressure.
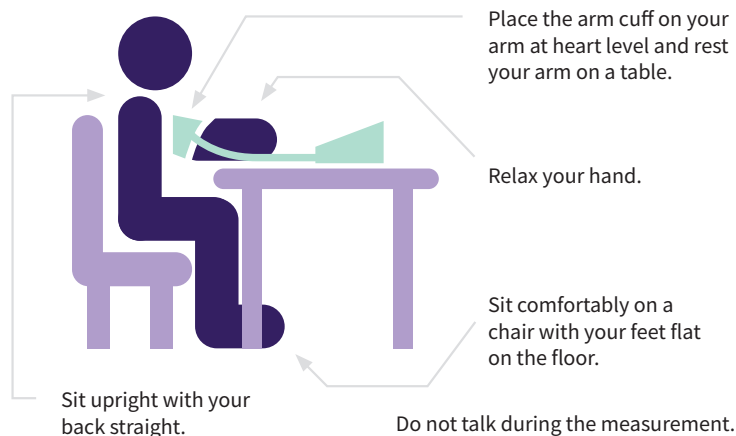- ✓ Take a repeat reading after one minute. Write your readings down.

Remember

Take your blood pressure every day!

Your blood pressure numbers

Your blood pressure has two numbers. The top number (systolic) measures the pressure put out when your heart beats. The bottom number (diastolic) measures the pressure between beats.

Place the arm cuff on your arm at heart level and rest your arm on a table.

Relax your hand.

Sit comfortably on a chair with your feet flat on the floor.

Sit upright with your back straight.

Do not talk during the measurement.

Feel your best

Let your care team know if your numbers change or if your systolic pressure is higher than 140 or lower than 100.

This serves only as a guide. Talk with your healthcare provider for more information based on your health needs.

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