

## **BLOOD PRESSURE LOG**

### **Blood Pressure Monitoring Tips-**

1. Choose a cuff with an appropriate bladder size matched to the size of the arm. When using an automated device, select the cuff size as recommended by its manufacturer.
2. Place the cuff so that the lower edge is 3cm above the elbow crease and the balloon is centered over the brachial artery.
3. Rest comfortable for 5 minutes in the seated position and then take the BP reading.
4. Your back should be supported at all times. There should be no talking, and legs should not be crossed while taking blood pressure (BP).
5. The arm should be bare and supported with the BP cuff at heart level, as a lower position will result in an erroneously higher BP.
6. Avoid smoking and caffeinated beverages, 30 minutes before taking BP.
7. It does not matter at what time of the day you take your BP, or its before and after your medication. The thing which matters the most is that you should be relaxed when taking BP readings.
8. Take BP two times a day, mornings and evenings and write down both readings.
9. When taking BP always discard first reading. Wait 2 minutes and take 2nd reading. You can take 3rd reading as well if you like. Write down your best reading out of the 2nd and 3rd reading.
10. Monitor your BP 3-4 times a week.
11. Bring BP log on your next appointment to discuss findings.
12. BP at home target is: less than 135/85, until told otherwise.
13. For DM BP target is: less than 130/80.

### **BP TARGETS**

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**OFFICE: <140/90**

**HOME: <135/85**

**DM: <120/80**



