

Blood Pressure Self-Monitoring



Tips for proper blood pressure management

- Sit quietly for five minutes prior to measuring blood pressure.
- Sit correctly in a chair with your feet flat on the floor and back supported.
- Use the restroom. A full bladder can impact your blood pressure.
- Measure at the same time daily.
- Know the numbers. Understand your readings.
- Don't smoke, exercise, or consume caffeine or alcohol for at least 30 minutes before reading.
- Arm should be bare or covered with a thin shirt and be supported at heart level.
- Consult your health care provider if several readings are categorized as "high."

Blood Pressure Categories



Category	Systolic mm Hg (upper number)		Distolic mm Hg (lower number)
normal	less than 120	and	less than 80
elevated	120-129	and	less than 80
high blood pressure (hypertension) stage 1	130-139	or	80-89
high blood pressure (hypertension) stage 2	140 or higher	or	90 or higher
hypertensive crisis (consult your doctor immediately)	higher than 180	and/or	higher than 120