

Taking your Blood Pressure at home

Taking your own blood pressure at home can tell you if you need medication or if your medication is working. Your goal for an average blood pressure is 130/80. If you have diabetes, the goal is 120/80. After getting several readings, you can figure out your average blood pressure. Do not worry if several readings are too high, it is the average that is important.

- Use a fully automatic arm cuff that pumps up with the touch of a button (OK brands are Omron and Sunbeam)
- Apply the cuff, sit in a comfortable chair with a back support and rest your arm and hand on a table.
- In a quiet room wait for 4-5 mins and do a BP reading. Wait an additional 5 more minutes and repeat the reading. Record these readings.
- You should obtain these paired readings at various times of the day.
- Bring your readings to your appointment for discussion.