

Monitoring your blood pressure regularly is vital to help your treating doctor and adjust your treatment plan. The most accurate is the way a doctor checks using an Aneroid gauge and a stethoscope. However, you can easily monitor this at home by using a good-quality **digital bicep BP monitor**.



Source: [Find Blood Pressure Monitors](#)

Remember to calibrate the readings of your home instrument with your doctor's instrument at least once a year.

There are two numbers to be monitored - Diastolic and Systolic

- 1) **Systolic**, denoted by the top number, reflects the pressure exerted on artery walls when the heart contracts and pumps blood.
- 2) **Diastolic** represented by the bottom number, indicates the pressure in arteries when the heart is at rest between beats.

Benefits of regular monitoring of blood pressure at home can:

- **Early diagnosis** leads to timely treatment
- **Track changes** or deviations for timely intervention, and to access the effectiveness of treatment
- **Higher motivation** to control changes in your lifestyle.
- **Maintaining BP** in a healthy range, to avoid further harm or medical complications.

How to get accurate results from a digital BP monitor:

Preparation before measuring:

- **Avoid smoking**, drinking or exercising 30 minutes before taking your blood pressure.
- **Rest for 3 to 5 minutes** if you have recently been very active.

- **Empty your bladder** beforehand.
- **Do not measure your** blood pressure right after you wake up
- Try and measure at the same time each day.

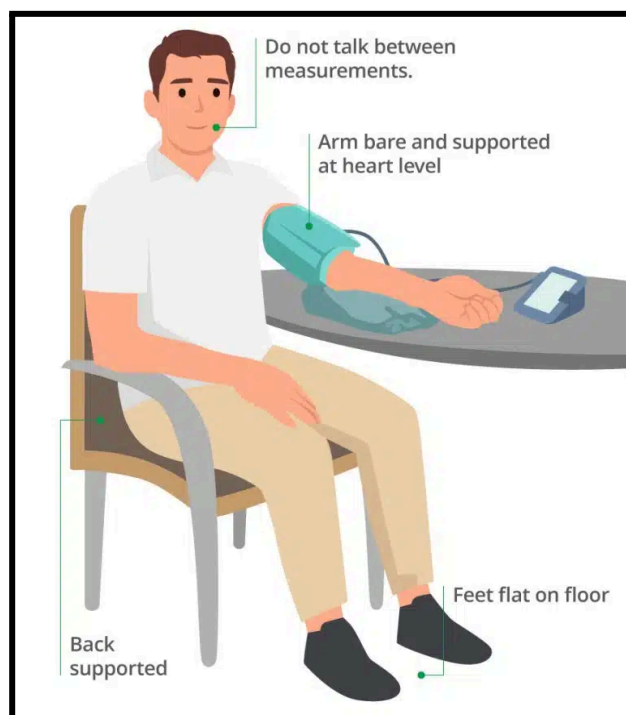
Position while measuring:

- **Keep your arm** straight, palm facing up on a level surface, such as a table.
- **Place the cuff** on bare skin, not over clothing
- **Sit with your back straight** and your feet flat on the floor. Your feet should not be crossed.
- **Avoid** talking and movement during monitoring.

After measuring:

- **Take a repeat reading:** Wait 2 to 3 minutes after the first reading. In case your reading is unusual repeat. Take 3 readings and use the average of the last two.
- **Maintain a log of BP** readings, date, and time.

BP could vary a lot with your state of mind and the position in which you are taking measurements. The normal range is 120/80, any readings above 140/90 need medical attention.



Range of BP readings

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC 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

Source: [American Heart Association](#)

Blood pressure varies throughout the day. Readings are often a little higher in the morning. Also, your blood pressure might be slightly lower at home than in a clinical/ hospital setting. If you note any variance from the normal for 3 consecutive readings consult yours.

Change the batteries before they are fully drained. Low battery power could give erroneous readings.

To know more:

- [Why do I need to monitor my blood pressure at home](#)
- [10 ways to control high blood pressure without medication](#)

My Health, My Responsibility