



St. Clair Specialty Physicians

ADVANCED MEDICINE. COMPASSIONATE CARE.

CHECKING YOUR BLOOD PRESURE

We ask that you check your blood pressure twice in the morning and twice in the evening for 7 days. Initially measure blood pressure in both arms and use the arm with the higher blood pressure.

First thing in the morning, after emptying your bladder, and before coffee and pills, sit for 4 minutes, with back supported and feet on the floor with arm at the level of the heart (a kitchen table and chair work well.) Check blood pressure, record; let cuff deflate count to 10, then re-measure and record.

After dinner, but at least 2 hours after alcohol, check your blood pressure twice as above. Record this data. It takes a few days to get used to your machine. You will be given a spread sheet at your office visit. You can download extras from our website. Fax or mail the results to your doctor.

WHAT IS YOUR GOAL?

If you have diabetes or kidney disease and are on blood pressure medication, less than 130/80 morning and evening. There is some variability; that is the average.

If you have high blood pressure but no diabetes or kidney disease, your goal is less than 135/85 morning and evening. If your doctor is trying to exclude “white coat” high blood pressure, your blood pressure at home should be less than 125/76 morning and evening.

Report any blood pressures more than 160 systolic or less than 110 systolic to your doctor immediately.

TYPE OF CUFF:

Omron™ brand is preferred- \$65.00 at Costco or Sam’s Club. If your arm measures more than 12 inches around you need a large cuff. If your arm is very large, you may need a wrist monitor. If you use a wrist monitor, remember to put your arm over your heart (like the Pledge of Allegiance) while measuring your blood pressure.

ALWAYS BRING YOUR CUFF WITH YOU TO YOUR APPOINTMENT ONCE TO CHECK ITS ACCURACY.

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www.SCSP.net