

# CHECKING YOUR BLOOD PRESSURE IN 2025



Checking your blood pressure at home is an important part of managing high blood pressure to help determine if treatment is working. Talk with your primary care physician to determine how often you should measure your blood pressure at home and what to do if your blood pressure numbers are too high. Remember, don't stop your medication or skip any doses without talking to your doctor first.

To get the most accurate measurement:

- Take your blood pressure at the same time every day.
- 30 minutes before taking your blood pressure, avoid food, caffeine, tobacco, alcohol, and exercise.
- Empty your bladder before taking your blood pressure.
- Try to use the same arm each time, rest your arm at the level of your heart on an armrest or a table.
- Place the correct size cuff above your elbow on bare skin, not over clothing.
- Sit in a comfortable chair with your back supported for five minutes with your legs uncrossed and feet flat on the floor.
- Don't talk and avoid distractions while taking your blood pressure.
- Take at least two readings, one or two minutes apart.

Bring this blood pressure (BP) log with you to discuss at your next appointment

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Date	Morning		Afternoon		Evening	
	BP	Pulse	BP	Pulse	BP	Pulse

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