

CARE TEAM MEMBER NAME

PHONE NUMBER



What is high blood pressure?

High blood pressure is a condition where the blood in your arteries is being pumped with too much force. This makes the blood push against the arteries and can cause tiny cracks. When your body fixes the cracks they make it stiffer and more narrow. This puts you at risk for a heart attack or stroke. Often, there are no signs you can feel that your blood pressure is high. That's why checking it is important.

How to take a blood pressure reading at home

- 1 **Wait at least 30 minutes** after caffeine, exercise, or smoking.
- 2 **Go to the bathroom**, a full bladder can make blood pressure readings higher.
- 3 **Sit with your back against the chair**, legs uncrossed, and feet flat on the floor.
- 4 **Put your arm on a table** at the same height as your chest with your palm up.
- 5 **Wrap the cuff snugly around your bare upper arm**, but make sure it's not too tight. Ask your care team for a bigger one if you need it.
- 6 **Sit quietly**, don't talk or move.
- 7 **Turn on the blood pressure monitor, push the button again and wait for the reading.** Once it shows you the number, you are all set unless the device asks you to do it again!



Blood Pressure readings

Your care team can let you know when they would like you to check your blood pressure. Here is a chart so that you can keep track by putting a in the box for each day and time.

	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

If you have headaches, confusion, your eyes are blurry, chest pain, or find it hard to breathe, please go to the emergency room.