

## Blood Pressure Monitoring

1. Please purchase an automatic blood pressure monitor with an arm cuff (wrist and finger cuffs are not as accurate). The top three monitors according to Consumer Reports are:
  - a. Omron 10 series Upper Arm Blood Pressure Monitor
  - b. CVS Advanced Automatic Blood Pressure Monitor
  - c. MicroLife Deluxe Automatic Digital Blood Pressure Monitor
2. Blood pressure monitors can be purchased at Costco, Amazon.com, Walmart, CVS, Target, Rite-Aid Pharmacy and online. The price varies from \$49.75 – \$83.99 depending on model and sales promotions.
3. Monitor your blood pressure **twice daily**, and record the readings on the blood pressure log sheet. Check your blood pressure only **once** during each sitting. It is not appropriate to check multiple blood pressures and record the average. Fluctuation in the readings is normal; it is the overall trend we are tracking.
4. Measure your morning blood pressure after you urinate, but before breakfast or morning medications are consumed. Do not check your blood pressure within one hour of exercising.
5. The evening blood pressure should be measured before dinner.
6. The best way to measure your blood pressure is in the seated position with your arm resting on a table or desk. Rest for 2-5 minutes before testing.
7. Bring your blood pressure monitor and cuff to your next office visit for evaluation to ensure accuracy.
8. Always bring a list of your blood pressure readings, as well as a current list of medications to your office visits.