

Measuring your blood pressure at home



Measure your blood pressure before eating, taking medication or vigorous exercise. Ensure you have an empty bladder and don't drink coffee or smoke within 30 minutes before your reading.

It is important that you only use validated machines that have been properly tested for accuracy. Finger and/or wrist blood pressure devices are not recommended.

Don't measure your blood pressure if you feel uncomfortable or if you are stressed or in pain. Sit quietly for 5 minutes before taking a reading. Avoid talking during the reading.

Use a cuff that fits the top half of your arm properly. Sit in a relaxed position with the cuff at heart level.

Sit with your feet flat on the ground. Keep the top half of your arm bare and your back and arm supported and in a relaxed position.



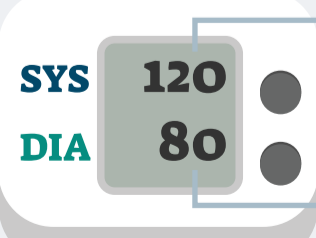
Measure your blood pressure for 7 days (minimum 5 days) at around the same time in the morning and in the evening. Each time you measure, take 2 readings, 1 minute apart.

Record each reading in a paper or digital diary that you can take to your next doctor's appointment.

What's a healthy blood pressure reading?

Your doctor will tell you what your ideal blood pressure should be, based on your medical history.

A 'normal' blood pressure would be:



- Top number less than 120mmHg
- Bottom number less than 80mmHg

If you're 18 years or over, get your blood pressure checked at least every two years.

If you are 45 and over, or 30 years or over for Aboriginal and/or Torres Strait Islander Peoples, see your doctor for a blood pressure check as part of a Heart Health Check.

Find out more about blood pressure and how to look after your heart health at heartfoundation.org.au