

Information about

Home Blood Pressure Monitoring

Why do I need to monitor my blood pressure?

Having well controlled blood pressure is one of the most important factors in controlling kidney disease. It is also important for reducing the risk of events like heart attacks or strokes in the future.

Why do I need to measure my blood pressure at home?

Sometimes the blood pressure readings in clinic are not accurate. Home blood pressure readings are more likely to be accurate as you can take them when you are relaxed.

What should my blood pressure measure?

Your renal doctor will tell you what your target blood pressure should be.

How often should I measure my blood pressure?

Your doctor will discuss this with you. It should not be more than twice per day (morning and evening) and often once or twice a month will be enough.

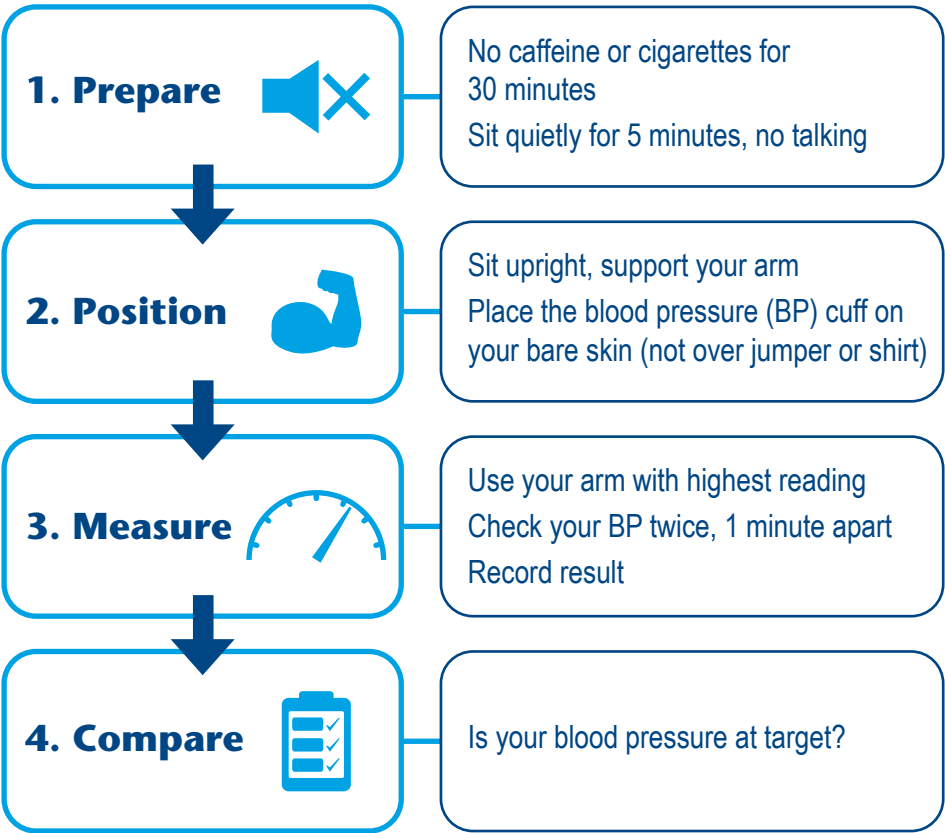
How do I measure my blood pressure?

Please see the picture below. You should sit quietly for 5 minutes. You should not have caffeine or cigarettes for 30 minutes before taking your blood pressure. You should go to the toilet if you need to before taking your blood pressure. You should not talk while taking your blood pressure. You should sit upright in a chair with your arm supported on the arm of the chair or a table. You should put the blood pressure cuff on your bare upper arm (not over a jumper or shirt). Measure your blood pressure at least twice, leaving a minute between each measure. If the first two readings are very different, check a third time. Write down the results in the table below. You do not need to record your pulse or heart rate.

Does it matter which arm I use?

Check your blood pressure in both arms. If there is no difference, it does not matter which arm you use. If one has a much higher reading, use this arm.

Home Blood Pressure (BP) Monitoring



Blood pressure target

Please write your blood pressure measurements below:

[illegible]