

**BIOS**  
*Diagnostics*<sup>™</sup>

## Monitoring Your Blood Pressure At Home



## **Tips on Taking Accurate Blood Pressure Measurements at Home**

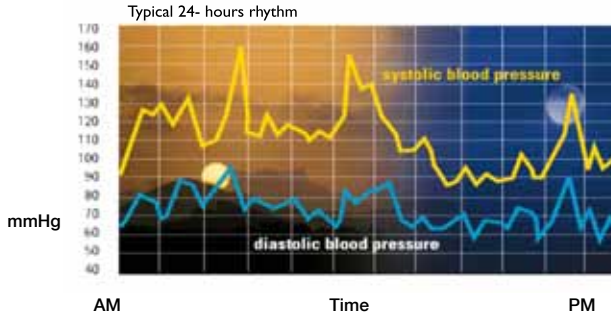
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Medical research has shown that monitoring blood pressure at home is a very accurate and effective method of determining “normal” blood pressure values.

- Measure your blood pressure daily under similar conditions when you are feeling relaxed. (i.e. 30 minutes after dinner or first thing in the morning after you have gone to the bathroom).
- Rest for 5 minutes before taking the measurement.
- When taking a measurement, sit at a table with your arm supported by the table. The cuff should be at approximately heart level. Use a cushion if necessary.
- Ensure that the lower edge of the cuff is approximately 1” above the elbow joint and the rubber tubing under the cuff lies over the brachial artery, which runs on the inside of the arm.
- The cuff should be snug, but not tight. You should be able to fit two fingers under the cuff.
- Completely relax before taking the measurement.
- Avoid all movement and muscle tension during the measurement.
- Breathe normally and do not speak.
- When reviewing your results, it is important to consider any factors that may have been influencing your blood pressure during the measurement. (see next section)
- The average of several readings taken under similar conditions on different days is considered your “normal” blood pressure.
- If it is necessary to retake a reading, wait 5 minutes beforehand.

# Blood Pressure Fluctuations Are Normal

It is quite normal for blood pressure to fluctuate significantly as much as (50 mmHg to 60 mmHg) throughout the day. Blood pressure is normally lowest at night, but increases during waking hours when the stress and activities of everyday life are highest.



Many things affect blood pressure including:

- BP medication
- Caffeine consumption (eg. tea, coffee, chocolate)
- Smoking
- Need to go to the bathroom
- Apprehension or tension (eg. at doctor's office)
- Pain
- Other medications (ask your doctor or pharmacist)
- Eating
- Alcohol consumption
- Recent physical activity (even walking)
- Mental stress or emotions
- Not resting adequately before measurement
- Moving or talking during measurement
- Hot tubs, baths or showers

It is best to take measurements at home while you are relaxed. If a result is outside your "normal range", consider the factors that may be influencing your blood pressure.

## Why Monitor Blood Pressure at Home?

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Blood pressure experts have found that frequent blood pressure measurements taken at home provide a more accurate understanding of a patient's average blood pressure compared to infrequent measurements. Home blood pressure monitoring, when done properly, under similar conditions, can provide you with an understanding of your "normal" blood pressure.

**Important for Canadians: The Canadian Hypertensions Education Program (CHEP) recommends that patients with average measurements of  $\geq 135$ mmHg (systolic) or  $\geq 85$ mmHg (diastolic) at home be considered hypertensive. Should your average readings be in this range, consult your physician. For further information, see our website [www.biosmedical.com](http://www.biosmedical.com).**

Morning Hypertension ( $> 135 / 85$  mm Hg): Recently, several studies have identified elevated cardiovascular risks (heart failure, stroke, angina) associated with "morning hypertension". There is a typical rise in blood pressure during the physiological changes from sleep to arising for the day.

Measure your blood pressure daily under similar conditions when you are feeling relaxed. (i.e. 30 minutes after dinner or first thing in the morning after you have gone to the bathroom). Record your measurements in the log book, for reference and discussion with your physician.



The presence of this logo indicates that the device meets an established standard for accuracy, that test results have been published in a peer review journal, and that validation data has been assessed by a committee of Hypertension Canada

**BIOS Diagnostics™ Blood Pressure Hotline: 1-866-536-2289**

## **BLOOD PRESSURE RECORD**

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<b>DATE</b>	<b>TIME</b>	<b>SYSTOLIC</b> High Reading	<b>DIASTOLIC</b> Low Reading	<b>PULSE RATE</b>

## **SPECIAL OBSERVATIONS**

<b>DATE</b>	<b>OBSERVATIONS</b>

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