

Blood Pressure Checklist

A checklist for measuring blood pressure correctly at home, supporting healthy habits, and logging your readings.

Set Up Your Monitor

- Use a validated home blood pressure monitor
- Choose the correct cuff size for your arm
- Read the device instructions before first use
- Check the monitor against your doctor's device if possible
- Keep the monitor and a log somewhere easy to reach
 - Ask your pharmacist if you need help choosing a cuff size

Correct Measurement Technique

- Sit quietly for about five minutes before measuring
- Keep your back supported and feet flat on the floor
- Rest your arm on a table at heart level
- Avoid caffeine, exercise, and smoking beforehand
- Stay still and do not talk during the reading
- Take two readings a minute apart and record both

Lifestyle Habits to Support

- Aim for a balanced diet with plenty of vegetables
- Limit salt and highly processed foods
- Be physically active most days as your doctor allows
- Maintain a healthy weight
- Limit alcohol and avoid smoking
- Manage stress and aim for good sleep

Log Your Readings

- Record the date and time of each reading
- Note both the top and bottom numbers
- Take readings at the same times each day
- Note anything unusual, like stress or missed sleep
- Bring your log to every appointment

When to Contact Your Doctor

- Readings consistently outside your usual range
- A sudden large change in your numbers
- New symptoms such as headaches or dizziness
- Questions about your target numbers or medicines
- Severe symptoms like chest pain — call emergency services
 - For emergencies, call your local emergency number such as 911

Important

- This checklist is general information only and is not medical advice; ask your doctor about your numbers, your target range, and any changes to diet, activity, or medicines, and follow their guidance
 - Home readings support but do not replace care from your doctor