

Home Blood Pressure Monitoring (HBPM)

How to monitor your blood pressure correctly?

Monitoring your blood pressure at home is a quick, easy, and inexpensive process, and is essential to preventing heart disease and strokes.

30 minutes before measurement



Do not bathe



Do not eat



Do not smoke



Do not exercise



Do not consume caffeinated beverages

During the measurement

- Select **appropriate cuff** and use a **clinically validated** monitor. (www.stridebp.org)
- Measure in a **quiet environment**
- Make sure the cuff is at heart level and the cuff is **2.5 cm above the elbow crease**.
- **Sit straight and comfortably**, back supported by chair with your feet flat on the floor. Bare arm resting on table with mid-arm at heart level.
- **Wait 3-5 minutes**. Do not speak or move during measurement.
- Take **two readings with 1 min. interval** between, and use average.
- Always measure at the same time to have comparable values (in the morning and in the evening)



A correct cuff size is essential for accurate measurements

Mid-arm circumference	Cuff type	Person
17-22cm	small	Child or slim adult
22-32cm	medium	Average adult
32-42cm	large	Heavily muscled or obese

Important reminders when measuring blood pressure from home



Measure in the **morning and the evening**
(before drug intake of treated)



Measure for **3-7 days**
before office visits



Use the **average of all readings**
excluding the first day



For long term follow-up of treated
hypertension, make **duplicate measurements**
once or twice per week or month

Note: all information provided here is based on the 2023 European Society of Hypertension Guidelines for the management of arterial hypertension.

Download
here →

