



## Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

### So you were told you needed to monitor your blood pressure at home. What happens next?

- First, you are going to want to go and **buy a home blood pressure monitor**.
  - The most highly rated cuff is the Omron Upper Arm BP Monitor. You can find it at a local pharmacy, Costco, Target or Amazon. They have multiple models that range from \$60-\$90. The \$60 one is fine. Insurance does not cover BP monitors, but if you have an FSA/HSA you can pay for it with that.
  - Wrist and finger monitors are not recommended because they yield less reliable readings.
  - Make sure the cuff fits — measure around your upper arm and choose a monitor that comes with the correct size cuff.
  - The home BP monitor should be always kept flat when being stored, not jiggled around in a bag as this can affect calibration.
- Don't smoke, drink caffeinated beverages or exercise within 30 minutes before measuring your blood pressure. Empty your bladder and ensure at least 5 minutes of quiet rest before measurements.
- Don't take the measurement over loose fitted or multiple layers of clothing. A thin layer of one shirt is okay.
- Sit correctly. Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the bottom of the cuff is placed directly above the bend of the elbow. Check your monitor's instructions for an illustration or have your health care professional show you how.
- Be still and do not talk while the cuff is measuring your blood pressure
- Record your blood pressure and follow directions instructed by your provider.

If you have any questions call Maitri triage nurses at 802-862-7338 option #2 or after hours page the on call provider.