

Take Your Blood Pressure

A step-by-step home guide based on AHA measurement guidance and the 2025 AHA/ACC blood pressure guideline. For nonpregnant adults; pregnancy requires a separate plan.

1. Choose the right monitor

Use a validated automatic upper-arm monitor and a cuff that fits your arm. Ask your clinician to check the device and technique. Wrist/finger monitors and cuffless wearables are not substitutes for a validated upper-arm device.

2. Prepare

For 30 minutes beforehand, avoid smoking, caffeine, and exercise. Empty your bladder. Use the same arm your clinician recommends.

3. Sit and rest

Sit in a chair with your back supported, feet flat, and legs uncrossed. Rest quietly for at least 5 minutes. Do not talk, text, or use the phone.

4. Position the cuff

Place it on bare skin, just above the elbow bend, following the device instructions. Support your arm on a table so the middle of the cuff is at heart level. Keep your hand relaxed.

5. Take two readings

Stay still and quiet. Take a reading, wait at least 1 minute, then repeat. Record both top/bottom numbers in mm Hg; include pulse if displayed.

6. Follow a consistent schedule

Measure at the times your team recommends. A common review schedule is morning and evening for 7 days, with two readings each time. Confirm timing relative to medicines; do not delay or skip prescribed doses to collect readings.

When to Get Help

Keep this page with your monitor. Emergency instructions are separate from routine measurement steps.

Emergency symptoms: call 911

With a very high reading and chest pain, breathlessness, weakness, numbness, vision changes, or difficulty speaking, call 911. Do not wait for it to come down. Emergency symptoms warrant 911 even at lower readings.

Very high reading without symptoms

If the top number is above 180 OR the bottom is above 120, repeat after at least 1 minute. If still very high without symptoms, contact your healthcare professional immediately.

Medication & your next appointment

Do not change medication based on one reading. Bring your log and monitor to appointments. Your team should review averages and your personal treatment goal.

7-Day Home Blood Pressure Log

Two readings per session, at least 1 minute apart. Record each as systolic/diastolic, for example 128/78. Copy this page for additional weeks.

Name (optional): _____ Week of: _____

My BP goal: _____ Arm / cuff: _____

Medicine timing / instructions: _____

Date / session	Time	Reading 1 mm Hg	Reading 2 mm Hg	Pulse	Symptoms / medicine timing
_____	/ AM				
_____	/ PM				
_____	/ AM				
_____	/ PM				
_____	/ AM				
_____	/ PM				
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_____	/ AM				
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_____	/ AM				
_____	/ PM				

Notes / questions for my appointment

Sources & further reading

AHA: home monitoring and measurement instructions

2025 AHA/ACC high blood pressure guideline

AHA/AMA: self-measured BP scientific statement (7-day schedule)