

How to measure your blood pressure at home

- Remember to rest for 5-10 minutes before you start measuring your blood pressure
- Measure your blood pressure in a quiet and relaxed environment with minimal distractions
- Avoid talking while measuring your blood pressure
- Use the techniques in the picture when measuring your blood pressure
- Record your readings in a logbook with the date and time you measured your blood pressure or enter your readings into the app provided by your doctor
- Measure your blood pressure three times with 2 minutes between readings or as instructed by your doctor
- Refer to the instruction sheet from your doctor for the appropriate action for your blood pressure reading

Adapted from the American Medical Association for SOMANZ's Hypertension in Pregnancy Guideline

