

# Checking Your Blood Pressure at Home



## 1 **Before** you check your blood pressure:

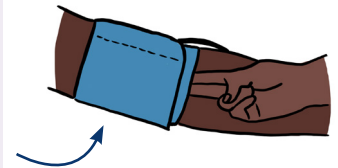
- » Avoid smoking or using tobacco, exercising and/or drinking caffeine for 30 minutes before you check your blood pressure. These can all make your blood pressure seem higher.
- » Use the restroom. A full bladder can increase your blood pressure

## 2 **When** you check your blood pressure:

- » Use the image below as a guide for how to check your blood pressure
- » Check your blood pressure again after about 15 minutes if it falls in the yellow or red zone. (See back page for zones)

Sit quietly, and don't talk.

Place the cuff on your bare arm.  
Adjust the cuff so it fits snugly.  
Only two fingertips should fit  
between your skin and the top  
of the cuff.



Sit upright in a comfortable  
chair with your back supported.



Rest your arm on a  
flat surface at the  
level of your heart.

Keep your legs uncrossed.

Keep your feet on the ground.

## 3 **After** you check your blood pressure:

- » Write down your blood pressure readings in your log
- » Look at the information on the next page to see if you should call your doctor based on your numbers and/or symptoms.

# What To Do With Your Blood Pressure Numbers



**Yellow Zone: Caution**  
Contact your provider or provider's office.



**Red Zone: Emergency**  
Seek immediate medical care.

## Contact Numbers

	DAYTIME	AFTER HOURS
Healthcare Provider:		
Nurse or Clinic Call Line:		
Emergency Contact Line:		



### Green Zone Good | Controlled Hypertension

Blood Pressure Ranges **Less than 140**  
**Less than 90**

**Symptoms:** No Symptoms

**What to Do:** Continue to check your blood pressure and look out for any symptoms.



### Yellow Zone Caution | Take Action

Blood Pressure Ranges **141-159**  
**91-109**

**You should take action if:** the top number is high, the bottom number is high, or if you have symptoms.

**What to Do:** Call your provider's office to tell them your blood pressure reading and any symptoms.



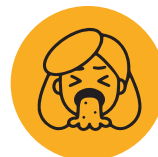
Pain in the upper right belly area or in the shoulder



Headaches that don't go away



Seeing spots or flashing lights, blurry vision, or sensitive to light



Feeling nauseated or throwing up



Swelling in face, hands and legs



### Red Zone Emergency | Take Action!

Blood Pressure Ranges **160 or more**  
**110 or more**

**You should take action if:** the top number is high, the bottom number is high, or if you have symptoms

**What to Do:** This is an emergency! Seek immediate medical care!



Pain in the upper right belly area or in the shoulder



Headaches that don't go away with over the counter medicine



Increased anxiety and a sense of doom



Serious difficulty catching your breath



Any symptoms from Yellow Zone that are getting worse!



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