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Home Blood Pressure Monitoring Instructions

BEFORE YOU BEGIN TAKING THE BLOOD PRESSURES YOUR MACHINE NEEDS TO BE CHECKED FOR ACCURACY. This can be done at your doctor's office or at the Pediatric Cardiology office by calling one of our medical assistants. Bring the machine and the patient to the office for this. A manual blood pressure should be taken on the specified arm with the same size cuff that was recommended. After that, the same technique should be used with your machine- the numbers should be within 5-10 points of each other for your machine to be considered accurate. If the difference is greater, recheck both techniques several times. If the difference persists, you may need to use a different home blood pressure monitor.

- Please use a cuff on the ARM (**RIGHT ARM** unless otherwise specified).
- The cuff size for you is: _____
- Take the blood pressure twice a day. Do it in the morning after waking before doing anything else. In the evening, do a blood pressure before going to bed.
- It is best not to take a blood pressure within two hours of vigorous exercise since exercise will temporarily elevate the blood pressure.
- Please record the blood pressures on the American Heart Association tracker that was provided to you. It can also be downloaded from the Internet.
- Do not be concerned if there is an irregular heart rate warning. Pediatric heart rates can be very irregular at rest; this is called sinus arrhythmia and can be mistaken for atrial fibrillation.