



Pediatric Cardiology Center of Oregon

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Home Blood Pressure Monitoring Instructions

Before you begin taking blood pressures at home, your monitor needs to be verified for accuracy.

This can be done at your primary care doctor's office or at Pediatric Cardiology Center of Oregon by calling one of our medical assistants. Bring your home BP monitor and the patient to the office, where our Medical Assistants will take a manual blood pressure on the specified arm with the same size cuff that was recommended. After that, the same technique should be used with your home monitor, and the numbers should be within 5-10 points of each other for your home monitor to be considered accurate. If the difference is greater than 5-10 points, recheck it a few times. If the difference persists, you may need to use a different home blood pressure monitor.

- Please put the cuff on the **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 blood pressure within two hours of vigorous exercise since exercise will temporarily elevate the blood pressure.
- For best results, sit comfortably with both feet on the floor and rest your arm on a table so the BP cuff is about at the same height as your heart.
- Please record the blood pressures on the American Heart Association tracker form 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 often be mistaken for atrial fibrillation.