

HOW TO CHECK YOUR BLOOD PRESSURE AT HOME

Home blood pressure readings help your dialysis care team see how your blood pressure changes between treatments. Follow your care team's instructions for when and how often to check.

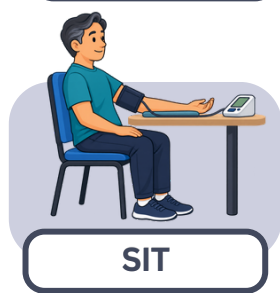


Check at about the same times each day.

Your care team may ask you to check twice a day between dialysis treatments.



For **30 minutes before checking**, avoid caffeine, smoking, and exercise. Empty your bladder if you can. Sit quietly for **5 minutes**.



Keep your **back supported**, **feet flat**, and **legs uncrossed**.

Rest your arm so the cuff is at about heart level.

Place the cuff on your **bare upper arm**.



Use a properly fitting **upper-arm cuff**.

Take **2 readings**, **1 minute** apart, and record both.



Write down your readings and anything important you noticed, such as dizziness, cramping, swelling, shortness of breath, or unusual weakness. Bring the log to your dialysis care team.

Important: Follow the blood pressure goal and monitoring plan your care team gives you. Do not change your medications, target weight, or dialysis treatment based on a home reading unless your care team has instructed you to do so.

For more dialysis planning tools and patient resources, visit [RenalCarePlanner.com](https://www.renalcareplanner.com).
For patient education and personal planning. Not a substitute for medical advice.