

## **Which home blood pressure devices to purchase?**

There are many different home blood pressure monitors. Purchase only a recommended model:

### **Recommended automated BP measuring devices**

1. Omron HEM-705CP
  2. Omron HEM-722C
  3. Omron HEM-735C
  4. Omron HEM-713C
  5. Omron HEM-737
  6. Omron HEM-741
  7. Omron HEM-747
  8. Lifesource and UA-767
  9. Datascope Accutorr Plus
  10. Welch-Allyn Vital Signs
  11. Omron HEM 747-IC (with memory)
  12. Omron model UA-767-IC (with memory)
- This list will constantly change as more devices undergo testing

The British Hypertension Society Website at <http://www.hyp.ac.uk/bbsinfo/bpmindex.html> provides an excellent review of approved BP machines. Otherwise, visit the Canadian Guidelines on Hypertension available on the web at the Canadian Hypertension society, [www.chs.md](http://www.chs.md). and review the section on home BP for an update.

➤ **How to take an accurate home blood pressure:**

1. The cuff should be wrapped tightly so it stays in place. You should be able to put one finger between the cuff and your arm.

2. Sit in a chair with your feet flat on the floor and your arm resting on a table so that the cuff is at the same level as your heart.

3. Wait at least 5 minutes resting in a quiet environment before taking your BP.

4. **When to measure:** The best time to measure your BP is within 30 mins of awakening provided you are relaxed for at least 5 mins. Please record 2 consecutive values and repeat 2 more values after a day's activity before dinner provided you are in a relaxed state. Record these 4 values at least 20 times before your next physician visit. Record all data accurately to share with your doctor. In addition, record extra blood pressure values when you are feeling unwell such as weak or dizzy. Please make a note in your blood pressure log. For example, "January 1st 2004, at 8 a.m. I felt weak and dizzy, my blood pressure was one 120/80 with a resting heart rate of 65 beats per minute which was normal".

