



Blood Pressure Monitor Maker Kit Guide

Regularly taking your blood pressure can raise your awareness of potential risks and motivate you to make healthier lifestyle choices. Early diagnosis and management of high blood pressure can significantly lower the risk of heart attacks, strokes and kidney disease.

Starting Out

There are some helpful things to keep in mind before taking your blood pressure. Before you begin, you should avoid bathing, drinking alcohol, caffeine, smoking, exercising and eating for at least 30 minutes, and plan to rest for at least 5 minutes before you take the measurement. It is also important that you sit correctly in order to get an accurate reading. Please see the Blood Pressure Measurement Instructions sheet.

Watch this helpful video on how to take your blood pressure at home:

<https://tinyurl.com/bdhxmxfy>

For more information about blood pressure and health topics, please visit:

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Troubleshooting

If you experience problems, please contact the
Reference Desk at cvref@wclibrary.info

Feedback

We would love to hear how your experience was!
Please consider sharing photos or videos of your
experience with us on social media:

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Please Note:

This device and any accompanying instructions and advice are not a substitute for medical advice from your physician. Use of the equipment is not intended to result in, or to be construed as medical advice, diagnoses, or treatment by physicians, the library, or other individuals, and is not a substitute for consultations with qualified health professionals who are familiar with any patient's individual medical needs.

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Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120