



General information

- ☐ Check your home blood pressure device to make sure it is validated (tested for accuracy) and has the correct cuff size for your arm. Ask your healthcare team or visit validatebp.org for more information.
- ☐ Ask your healthcare team how often to check your blood pressure:
 - ☐ Every day
 - ☐ 4-5 times per week
 - ☐ 2-3 times per week
 - ☐ Once a week
 - ☐ Other:
- ☐ Ask your healthcare team when to check your blood pressure:
 - ☐ Morning
 - ☐ Midday
 - ☐ Night
 - ☐ Morning and Night
 - ☐ Other:

My blood pressure goal: less than

Other notes/instructions: _____

Checking your blood pressure at home

- ☐ For **30 minutes** before your blood pressure check, do not exercise, smoke, drink caffeine, or eat a large meal.
- ☐ Use the bathroom before you begin, if needed.
- ☐ Wear a T-shirt so the cuff can go on your bare arm. If you wear long sleeves, make sure the rolled-up sleeve is not tight around your arm and shoulder.
- ☐ Sit quietly for **5 minutes**. Keep your back supported and both feet flat on the floor.
- ☐ Wrap the cuff around your bare upper arm, just above your elbow.
 - ☐ If you are on hemodialysis, do not use the arm with your dialysis access.
 - ☐ If you have access in both arms, ask your dialysis care team which arm to use.
- ☐ Rest your arm on a table with your palm facing up. Your arm should be supported at about heart level.
- ☐ Make sure the cuff tubes are not bent, twisted, or blocked.
- ☐ Press the button to start the blood pressure check. It is usually labeled "Start".
- ☐ Stay still and quiet while the monitor is working. Do not talk.
- ☐ Wait one minute, then check your blood pressure again.
- ☐ Write down your results or save them in an app.



HOME BLOOD PRESSURE MONITORING CHECKLIST

Date	Time	Systolic (Top Number)	Diastolic (Bottom Number)	Pulse (Heart Rate)	Notes

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: **nkfcares@kidney.org**

