Blood Pressure Ranges			
Category	Systolic/Diastolic		
Normal	<u> 120-129 </u> 80-84		
High-Normal	<u>130-139</u> 85-89		
High Blood Pressure (Hypertension)	140 90 or higher		
High Blood Pressure with self/ home monitoring	135 85 or higher		

What do the numbers mean?



Systolic

The top number occurs when your heart beats and pumps blood.



The bottom number occurs when your heart relaxes and fills with blood.

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heartandstroke.ca/bp

Blood Pressure Action Plan", visit My Heart&Stroke To create your own interactive

heartandstroke.ca/risk

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BLOOD PRESSURE RECORD



How to measure your blood pressure accurately:

- Do not exercise, smoke or drink coffee, tea or cola (any drink containing caffeine) in the 30 minutes before
- Do not measure your blood pressure when you are upset or in pain
- Empty your bladder or bowel
- Sit quietly with your back against a firm surface, your feet on the floor, and your arm supported on a table at heart level for 5 minutes before and during measurement
- Use the same arm each time
- Wrap the cuff snugly around your bare upper arm, 3 cm above fold of elbow, at heart level
- Do not talk during the measurement
- Show your healthcare provider your blood pressure readings, especially if your readings are higher than 140/90

Note: Ideally, you should take your blood pressure twice a day – morning and evening – and write it down.





Hypertension Canada (www.hypertension.ca)

Look for this logo or ask a healthcare provider to help you choose the right home blood pressure monitor.

DATE		Blood Pressure	
DD/MM/YY		Systolic	Diastolic
Example: 05 12 08	am	123	82
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