

# How to Measure and Manage Blood Pressure

## How do I measure blood pressure (BP)?

1. Check your BP right before taking any blood pressure medication (note 'hold' threshold you received from your provider)
2. Place BP cuff over bare skin or a thin shirt
3. Sit with your back resting on the back of the chair with both feet flat on the floor (if possible)
4. Position arm at heart level and support it by propping it up with pillows, on a table, or on the side of a couch or chair
5. Keep the arm with the BP cuff on still. Moving or talking while the machine is measuring can cause a false measurement.
6. If you get an unusual reading, readjust the cuff and try measuring again.
7. If you ever have symptoms with a 'normal' blood pressure reading, don't hesitate to contact the on-call nephrologist or dialysis unit

**Your goal blood pressure is:** \_\_\_\_\_

You have **low blood pressure** if your reading is less than \_\_\_\_\_

If numbers are below goal, recheck in 30min. If you are still below the goal **and you have symptoms**, page the on-call nephrologist or call the dialysis unit.

You have **high blood pressure** if your reading is greater than \_\_\_\_\_

If numbers are above that listed, recheck in 30min. If you are still above the range, take rescue medication and recheck in 1 hour. If you are still above goal **and have symptoms**, page the on-call nephrologist or call the dialysis unit.

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