

Sol Midwifery

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HOME BLOOD PRESSURE MONITORING

How to check your blood pressure

1. Sit quietly for 15 - 20 minutes before checking your blood pressure.
2. Make sure that your back is supported, your feet are flat on the floor, and your arm is at the level of your heart.
3. Take two readings, you will likely find the second reading is lower.
4. You should never check your blood pressure after exercise, coffee or food as it will always be higher.

**** If your blood pressure is higher than 140/90 page your Midwife ****