

Monitoring your blood pressure and fluid

Dialysis helps you feel your best by removing excess fluid from your blood. High blood pressure can be a sign of fluid buildup, so it's important to monitor your blood pressure at home daily.

Tips for measuring your blood pressure at home

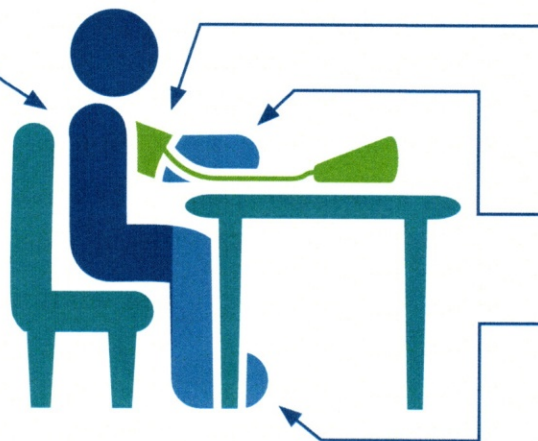
- /// Avoid caffeine, tobacco, alcohol and exercise for 30 minutes before taking your blood pressure.
- /// Empty your bladder before taking your blood pressure.
- /// Take a repeat reading after one minute. Write your readings down.
- /// Measure your blood pressure at the same time every day.

Your blood pressure numbers and fluid

Blood pressure measurements have two numbers. The top number (systolic) measures the pressure your blood is exerting when your heart beats. The bottom number (diastolic) measures the pressure between beats.

Let your care team know if your systolic pressure is **higher than 140** or **lower than 100**. A high number may mean you have excess fluid while a lower number could indicate too much fluid has been removed.

Sit upright with your back straight.



The arm cuff should be placed on your arm at **heart level**.

Relax your hand.

Sit comfortably on a chair with your feet flat on the floor.



KNOW YOUR NUMBERS

Take your blood pressure every day and let your care team know when your numbers change.