

Do You Monitor Your Blood Pressure at Home?

Your Bremo Pharmacists recommend that patients with high blood pressure monitor their blood pressure at home. Also, monitoring your blood pressure at home is important to determine if your medication is effective for your body. Monitoring at home and recording these values provides multiple readings to see your average blood pressure readings and is valuable to your healthcare providers when adjusting your medication therapy.

Tips for Taking Your Blood Pressure at Home

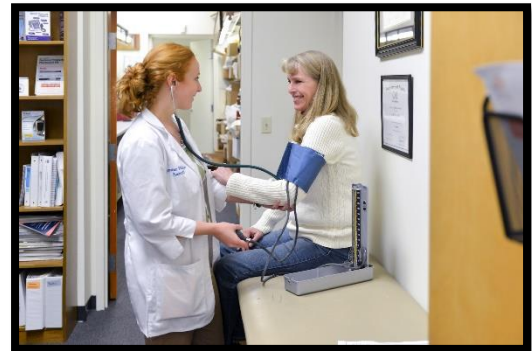
- Do not exercise, drink caffeine, use tobacco products, or alcohol with 30 minutes of taking your blood pressure.
- Rest in a chair with back support for 5 minutes with your arm resting comfortably at heart level. **Tip:** Sit at the kitchen table!
- Relax and sit your feet flat on the floor
- Make sure to refrain from talking to anyone or let anyone talk to you while you are taking your blood pressure.
- Take at least two readings 1 minute apart in the morning before taking medications, and in the evening before dinner. Make sure to record those results! Ask your Bremo Pharmacy staff for a blood pressure monitoring log or [download here](#).



What is your blood pressure goal?

According to the [American Heart Association \(AHA\)](#) Guidelines, patients diagnosed with hypertension should have a goal of **less than 130/80** including patient with the following conditions:

- Diabetes
- Chronic Kidney Disease
- Heart Failure
- Peripheral Artery Disease
- Secondary stroke prevention
- Stable ischemic heart disease



However, your doctor or pharmacist may suggest another goal depending on your specific conditions or if you are at risk for falls or low blood pressure symptoms such as dizziness, fainting, or blurred vision.

What is Ambulatory Blood Pressure Monitoring (ABPM)?

Ambulatory Blood Pressure Monitoring (ABPM) is a blood pressure monitoring service offered by Bremo Pharmacy to accurately measure your blood pressure at predefined periods (every 30 to 45 minutes) over 24 hours. This helps identify high blood pressure that needs treatment versus a one-time high value due to movement, anxiety at the doctor's office, or caffeine intake, which is commonly called white coat syndrome. Additionally, the machine can detect low blood pressures, and help to detect changes in blood pressure while you are sleeping. If you are interested in this service, call Bremo Pharmacy at 804-288-8361 or fill out this [form](#) and send it back to us here with a secure message [HERE](#).

Can my Bremo Pharmacist take my blood pressure?

Yes, we would love to see you in our clinic and take your blood pressure, and our **FREE** clinical service from January to March is Blood Pressure Screening! Call Bremo Pharmacy at 804-288-8361 to make an appointment.