



## Tips for getting an accurate blood pressure reading:



- Take your blood pressure around the same time each day.
- Sit straight up and with your feet flat on the floor.
- Keep your arm relaxed and at heart level. You can use a pillow to lift and rest your arm on, if needed.
- Take at least two readings one minute apart.
- For more tips, see our tips for monitoring your blood pressure at home. [add reference and final link]

Measuring your blood pressure at home gives you and your nephrologist a more accurate picture of your blood pressure over time.



## Questions to remember to ask at your next visit:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## What medications are you currently taking that help lower blood pressure?

This will help to better understand your blood pressure control and if your medications are working. It's common for blood pressure medications to be adjusted – for example, increasing the dose (amount) you take or by adding or changing medications.

Medication name	Dose (amount)	How many times each day

Use the space below to write down any changes to your blood pressure goal or medications:

**For more tips** on how to take your blood pressure at home or what you can do to help lower your blood pressure, visit [www.igan.org](http://www.igan.org).