

Taking your child's blood pressure at home

General guidelines

Talk with the doctor about:

- Why you need to take your child's blood pressure at home
- How to take your child's blood pressure
- What blood pressure is normal for your child
- How often to check your child's blood pressure
- How often to send your child's blood pressure readings to your doctor

When taking your child's blood pressure, some guidelines include:

- Only use a device that takes blood pressure in the upper arm. Do not use a device that takes blood pressure in the wrist.
- Use the right size cuff. To do this, you will need to know your child's arm circumference (the distance around the arm).
- Ask a member of your child's care team to measure your child's arm circumference. Please write it below:

Arm circumference: _____ inches (_____ cm)

- Use this number to choose the right size cuff. The cuff size should be on the device box. Sometimes, it is also labeled on the cuff.
- The cuff size must include your child's arm circumference.
 - For example: if your child's arm circumference is 12 inches, then you may use a cuff size of 9 to 17 inches.
 - A cuff size of 9 to 17 inches is the right size for anyone with an arm circumference between 9 and 17 inches.
- As your child grows, you may need to use a larger cuff. Ask a member of the care team to measure your child's arm every few years.
- To find out how to measure your child's arm circumference at home, see pages 3 and 4.

How should I take my child's blood pressure?

If your child can sit in a chair:

- Take your child's blood pressure in the morning or in the evening. Do this after your child has been seated for at least 5 minutes.
- If your child takes a blood pressure medicine, take their blood pressure before you give the medicine.
- Your child should sit with their feet flat on the floor.
- Place the cuff around your child's upper arm. Rest their arm on a table. The cuff should be level with your child's heart.
- Write down the result in your log.



In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Taking your child's blood pressure at home, continued

What if I have a young child?

If you have a young child:

- Take your child's blood pressure when they are calm and still. Wait at least 5 minutes from the time your child was last active or upset.
- If your child takes a blood pressure medicine, take their blood pressure before you give the medicine.
- Your child should sit down if possible. It is OK for them to sit in a lap. Babies and some older children may need to lie down.
- Your child may get upset or cry when you take their blood pressure. You may get a more accurate reading if you take the blood pressure while your child sleeps.
- Write down the result in your log. Write down if your child was calm or upset at the time (or if there were any other problems).



Which blood pressure device should I buy?

You may use the list of devices on pages 2 and 3 to help you choose the right device for your child. The devices on this list have been tested and are thought to be accurate. Most often, you can find them online or at a store or pharmacy. Please note that the cost of these devices may vary by store and change over time.

- Only buy a device that has the right cuff size for your child. Sometimes, you may need to buy an extra cuff to fit your child.
- If you need to buy an extra cuff, it is important to make sure it is the right cuff for the device. Only use a cuff that was made to work with your device.
- Please bring your device and cuff to your next clinic visit. The care team can then compare your home device to the blood pressure obtained in clinic.

Device options

Omron 3 series Upper Arm Device (Model BP7100)

- This fits arms 9 to 17 inches
- You must buy 4 AA batteries (no AC adaptor option)
- The price can range from about \$32 to \$35 in some stores and pharmacies
- A 7 to 9 inch cuff that fits the BP7100 is about \$20 (Model CD-CS9)

Omron 5 series Upper Arm Device (Model BP7200 or BP7250)

- This fits arms 9 to 17 inches.
- BP7250 has Bluetooth to connect to an App for tracking
- You can buy an AC adaptor for about \$9 (or you may use batteries)
- This price is about \$50 in some stores and pharmacies
- A 7 to 9 inch cuff that fits the BP7200 or BP7250 is about \$24 (Model HEM-CS24-B)

LifeSource (A&D) for thin arms UA-767PSAC with cord

- This fits arms 6.3 to 9.4. inches
- The price is about \$55 online

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Taking your child's blood pressure at home, continued

LifeSource (A&D) for thin arms UA-767PVS uses 4 AA batteries

- This fits arms 6.3 to 9.4. inches
- The price is about \$55 online

LifeSource with extra-large cuff (UA-789AC)

- This fits arms 16.5 to 23.6 inches
- The price is about \$119 online

Contec 08A Device with 4 cuffs

- This comes with cuffs for adult, child, pediatric and neonatal
- The price is about \$77 online
- There are a few important steps before using the Contec 08A device:
 - Read the directions. You may need to change the settings under the menu button. Change to the pediatric or neonate setting if needed.
 - Test your device to make sure it is accurate. To do this, a member of the care team will take your child's manual blood pressure and then take your child's blood pressure using the device. This is to make sure the device is working the right way.
 - Call the clinic to schedule a visit with a nurse. Take your child and the new device with you. Or, you can ask your pediatrician's office to check your new device.

How should I measure my child's arm circumference?

You can measure your child's arm circumference at home. You will need a tape measure.

Step 1

Measure the length of your child's arm between the bony point on the top of the shoulder (called the acromion process) and the bony point at the elbow (called the olecranon process).



In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Taking your child's blood pressure at home, continued

Step 2

Find the spot that is your child's mid-upper arm. To do this, divide the length of your child's arm in half. This is where you should measure the arm circumference.

Step 3

Wrap a tape measure around your child's mid-upper arm. This is to measure the arm circumference. Most often, it is measured in inches or centimeters (cm).



When should I call the doctor?

Your doctor will tell you how often to send your child's blood pressure readings. You should also send the readings if they are higher than normal for a few days.

- Call the office during the day (Monday thru Friday, 8 a.m. to 4:30 p.m.) and let the nurse know the readings, or
- Send a message to the care team using MYchart.

Also call if you have questions about how to take your child's blood pressure.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.