

# BLOOD PRESSURE

## Patient TIPS for Living with Kidney Disease

### Did you know?

High blood pressure can lead to chronic kidney disease...

But you can do something about it!

Better blood pressure control can

- slow the progression of kidney disease
- reduce strokes by 40%
- reduce heart attacks by 25%

Target blood pressure in most people with chronic kidney disease is **< 140 (130)/90 (80)**.

Check with your doctor.

Take your blood pressure medications as prescribed.

Blood pressure is never constant and will naturally rise and fall during the day.

Usually it is higher in the day and lower in the evening. It is lowest when sleeping.

Some non-prescription medications & herbal products may increase your blood pressure and be harmful to your kidneys.

Ask your kidney team for advice!

### What Works

Advice	Recommendation	Drop in blood pressure
Weight reduction	For every 20 pounds you lose	5-20 points
Exercise (e.g. brisk walk)	Regular exercise for at least 30 minutes a day for most days of the week	4-9 points
Limit alcohol (if you drink)	Men: limit to 2 drinks/day Women: limit to 1 drink/day	2-4 points
Smoking	Quit smoking	Smoking increases the risk of high blood pressure and other heart conditions
Salt	Reduce salt	5 points

## The correct blood pressure measurement technique

- Empty your bladder first.
- Avoid caffeine (coffee, cola, tea and chocolate), cigarettes and alcohol for 30 minutes before the measurement. Wait 1 hour after exercise and it's best to take blood pressure measurement on an empty stomach.
- Have paper and pencil/pen available and record your numbers.
- Always sit in a chair with a back on it for 5 minutes, without talking, before measuring the blood pressure. Keep your feet on the floor.
- Use the correct sized cuff for your arm. (small — medium — large)
- Position the cuff in the proper position by placing the indicator or tubing on the body side (inside) of the elbow
- Keep your arm at heart level while measuring, preferably by resting your arm on a table in a comfortable position
- As blood pressure varies throughout the day, measurements at different times of the day are ideal.

**It is important to check the blood pressure reading from your home machine with your healthcare provider at least once or twice a year, or more frequently if the blood pressure readings change suddenly.**

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