

Measuring Blood Pressure the Right Way

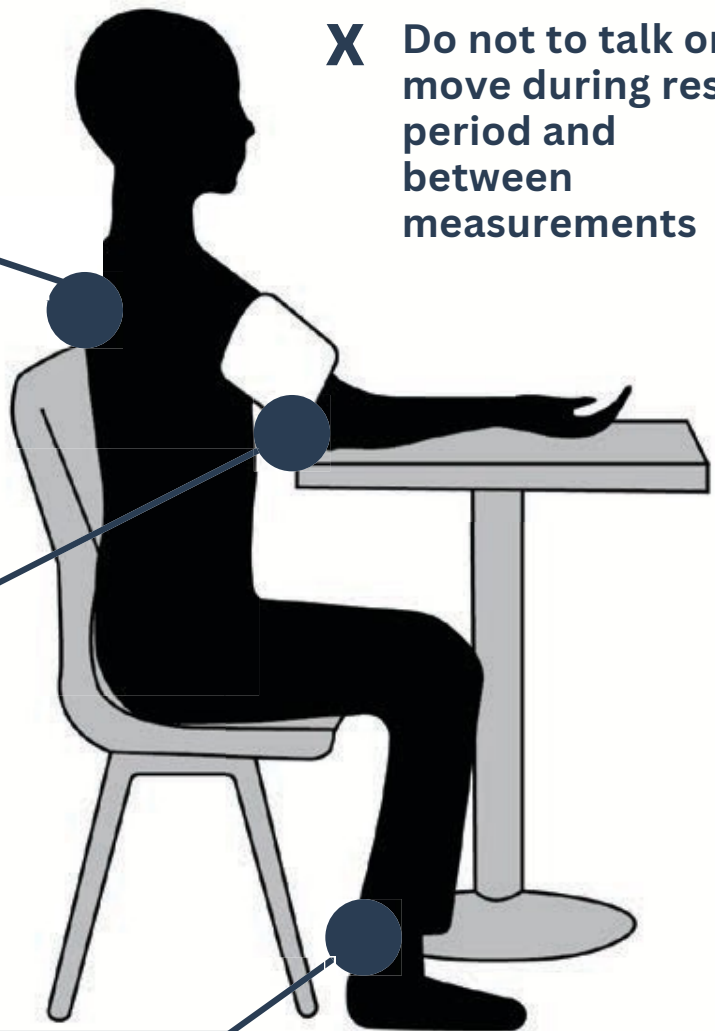
Before you measure

30 min before your BP is taken, no caffeine, no exercise, no smoking. **5 min** before your BP is taken, sit still and quietly.

During measurement

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of the cuff 3 cm above elbow crease
- ✓ Legs uncrossed
- ✓ Feet flat on the floor

X Do not to talk or move during rest period and between measurements



After

Keep a log and bring to every check up.