

# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 min. of measurement.

Rest in a chair for at least 5 min. with your left arm resting comfortably on a flat surface at heart level. Sit calmly and don't talk.

Make sure you're relaxed. Sit still in a chair with your feet flat on the floor with your back straight and supported.

Take at least two readings 1 min. apart in morning before taking medications, and in evening before dinner. Record all results.

Use properly calibrated and validated instrument. Check the cuff size and fit.

Place the bottom of the cuff above the bend of the elbow.

**CONSULT WITH YOUR PROVIDER TO  
DETERMINE YOUR IDEAL BLOOD PRESSURE**



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