

CareHere!

Blood Pressure Management Program

HOW TO CORRECTLY TAKE YOUR BLOOD PRESSURE



**Before you get started, be sure to follow these few steps:
These simple steps will teach something to even
the most experienced user.**

- 1 Keep this in mind 30 minutes before taking your blood pressure.**
Don't smoke, drink caffeinated beverages or exercise within **30 minutes** before taking your blood pressure. Ensure at least 5 minutes of quiet rest before measurements.
- 2 Empty your bladder first.**
A full bladder can add 10 mm Hg to your blood pressure.
- 3 Support your back and/or feet.**
An unsupported back/feet can add 6.5 mm Hg to your blood pressure.
- 4 Keep your legs uncrossed.**
Crossed legs can add 2-8 mm Hg to your blood pressure.
- 5 Don't have a conversation.**
Talking or active listening can add 10 mm Hg to your blood pressure.
- 6 Put the cuff on your bare arm.**
A cuff over clothing can add 5-50 mm Hg to your blood pressure.
- 7 Use correct cuff size.**
A cuff too small can add 2-10 mm Hg to your blood pressure.
- 8 Support your arm at heart level.**
An unsupported arm can add 10 mm Hg to your blood pressure.
- 9 Place the blood pressure cuff above your elbow.**