

How to Measure Blood Pressure

Before you get started, follow these do's and don'ts to make sure you get an accurate blood pressure measurement:

Do:
<ul style="list-style-type: none">• Measure blood pressures in your UPPER ARM (not your wrist)• Measure blood pressures in the morning <i>and</i> at night• Measure blood pressure at least 3-4 days in a row (BEST: 7 days in a row)• Record all blood pressures taken along with the time of day

Do Not:
<ul style="list-style-type: none">• Drink caffeine, smoke or exercise for at least 30 minutes before measuring your blood pressure

Before measuring your blood pressure:

1) Empty your bladder

2) Sit quietly in a chair without distractions (do not talk, read, text or watch TV) for **at least 2 (ideally 5) minutes**.

* Make sure your feet are uncrossed and resting on the floor or stool.

* Make sure your back is comfortable and leaning against something.



3) Feel for the pulse in your elbow crease (your brachial pulse). Place the cuff on your arm so that it is 1-2 finger widths above your elbow crease with the middle part of the cuff (usually marked "artery") above the pulse. Rest your arm on a table.



4) Take **at least 2 (ideally 3)** blood pressures each time, waiting **30-60 seconds between each measurement**. Record all of the blood pressures on the form below.

		Morning BP	Evening BP	Comments
Day 1 Date: / /	BP1.			
	BP2.			
	BP3.			
Day 2 Date: / /	BP1.			
	BP2.			
	BP3.			
Day 3 Date: / /	BP1.			
	BP2.			
	BP3.			
Day 4 Date: / /	BP1.			
	BP2.			
	BP3.			
Day 5 Date: / /	BP1.			
	BP2.			
	BP3.			
Day 6 Date: / /	BP1.			
	BP2.			
	BP3.			
Day 7 Date: / /	BP1.			
	BP2.			
	BP3.			