

Blood Pressure Tips

- Before taking your blood pressure, do not exercise, eat a large meal, or use products containing **caffeine or nicotine** 30 minutes prior to the reading.
- If you are on blood pressure medications, time your blood pressure measurement to be **60-90 minutes** after your morning medications.
- Empty your bladder before measuring. Sit at a table with both feet **flat on the ground** and legs uncrossed.
- Place cuff on your left arm. Cuff should be **on your skin** without any clothing in between, and cuff should be above the bend of your arm.
- Arm should be on the table with palm facing up. **Leave arm relaxed** and rest quietly for 5-10 minutes prior to taking your blood pressure.
- Ensure a **quiet environment**. Take slow breaths and do not talk.
- **Take two blood pressure measurements** during the same sitting, one minute apart.

