

## 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.

Eating &  
Exercise



If you are on blood pressure medications, time your blood pressure measurement to be **60-90 minutes after your morning medications**.

Medications



Empty your bladder before measuring. Sit at a table with **both feet flat on the ground and legs uncrossed**.

Body



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.

Blood Pressure  
Cuff



Your 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.

Arm



Ensure a **quiet environment**. Take slow breaths and do not talk.

Environment



**Take two** blood pressure measurements during the same sitting, one minute apart.

If blood pressure is **greater than 140/90** contact your provider

Measurements

