

Blood Pressure Measurement Instructions

Follow the steps below for the most accurate results

- Do not take your blood pressure without waiting for 30 minutes after exercising, smoking or drinking alcohol or caffeine
- Be sure to empty your bladder before you start
- 3. Do not talk
- 4. Do not cross your legs
- 5. Keep feet flat on floor

- 6. Rest in a chair -- with your back supported -- for five minutes before you start
- 7. Be sure cuff size and fit are correct
- 8. Be sure your arm is rested on a flat surface and at heart level
- 9. Put the cuff on your bare arm, above the bend of your elbow. Do not put the cuff over your clothing