Measuring Blood Pressure
Get It Right

- Relax for at least five minutes.
- Don’t have a conversation.
- Use correct cuff size.
- Empty bladder first.
- Put cuff on bare arm.
- Avoid caffeine, exercise, and smoking for 30 minutes beforehand.
- Support arm at heart level.
- Back supported by chair (not sofa). Feet flat on floor.
- Keep legs uncrossed.

What to buy? Look for an automatic, cuff-style, bicep (upper-arm) monitor. Take it to your next doctor’s appointment to make sure that it’s accurate and you’re using it correctly. For a list of validated monitors, see dableducational.org/sphygmomanometers/devices_2 sbpm.html#ArmTable.

Source: Adapted from American Medical Association (www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources).