What Steps Should I Take When Checking My Blood Pressure (BP) at Home?

**Before**

2 hours before your BP is taken:  
- No Alcohol  
- No Eating

30 minutes before your BP is taken:  
- No Tobacco  
- No Caffeine  
- No Exercise

5 minutes before your BP is taken:  
- Have log sheet ready to record BP  
- Sit still and relax in a chair with a back and don’t talk for 5 minutes

**During**  
(When taking your BP)

- Use correct cuff size for your arm  
- Put cuff on bare upper arm  
- Sit in a chair with your back straight and feet flat on the floor  
- Support arm at heart level on a flat surface  
- Do not talk while taking your BP

**After**  
(After checking your BP)

- Wait 1 minute and measure a 2nd time  
- If your blood pressure is high you may repeat the reading a 3rd time and record the lowest of the two readings  
- Record measurements in your BP log