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