

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

Before

**2
Hours**

2 hours before your BP is taken:



No Alcohol



No Eating

**30
Min**

30 minutes before your BP is taken:



No Tobacco



No Caffeine



No Exercise

**5
Min**

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



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