How to measure your blood pressure at home

Follow these steps for an accurate blood pressure reading

1 **PREPARE**

- Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.
- Wait at least 30 minutes after a meal.
- If you’re on blood pressure medication, measure your BP **before** you take your medication.
- Empty your bladder beforehand.
- Find a quiet space where you can sit comfortably without distraction.

2 **POSITION**

- Position arm so cuff is at heart level.
- Keep arm supported, palm up, with muscles relaxed.
- Sit with legs uncrossed.
- Keep feet flat on the floor.
- Keep your back supported.
- Put cuff on bare arm, above elbow at mid-arm.

3 **MEASURE**

- Rest for five minutes while in position before starting.
- Take two or three measurements, one minute apart.
- Keep your body relaxed and in position during measurements.
- Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.
- Record your measurements when finished.

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