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

3 MEASURE

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