HOW TO MEASURE YOUR BLOOD PRESSURE AT HOME

Follow these steps for an accurate blood pressure measurement

1. PREPARE
   Avoid caffeine, smoking and exercise for 30 minutes before measuring 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 back supported.

3. MEASURE
   Rest for five minutes while in position before starting.
   Take two or three measurements, one minute apart, twice daily for seven days.
   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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