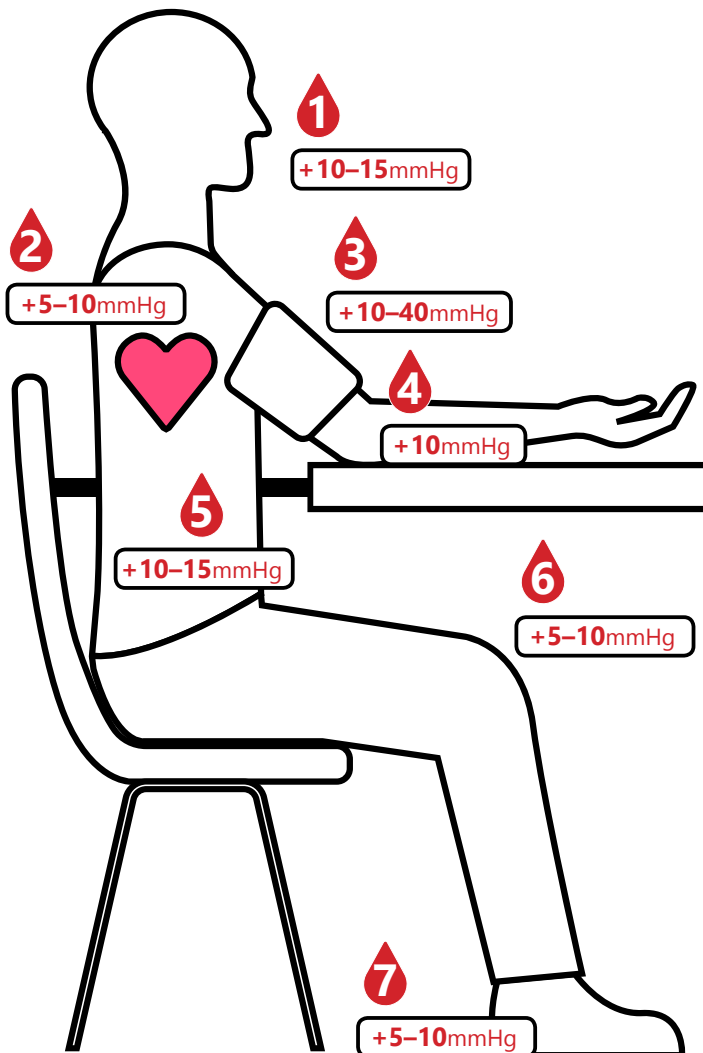


7

SIMPLE TIPS

TO GET AN ACCURATE BLOOD PRESSURE READING AT HOME

mmHg
(millimeters of mercury
a unit of pressure)



Following these 7 simple tips may help you get an accurate blood pressure reading.

1

Don't Have a Conversation

Talking adds 10-15mmHg

2

Support Back

Unsupported back adds 5-10mmHg

3

Put Cuff on Bare Arm

Cuff over clothing adds 10-40mmHg

4

Support Arm at Heart Level

Unsupported arm adds 10mmHg

5

Empty Bladder

Full bladder adds 10-15mmHg

6

Keep Legs Uncrossed

Crossing legs adds 5-10mmHg

7

Support Feet

Unsupported feet add 5-10mmHg

HOW TO CORRECTLY MEASURE YOUR BP

Importance of self-measuring blood pressure

Measuring your blood pressure at home and sharing measurements with your doctor has been shown to improve blood pressure control. By providing your doctor with more blood pressure measurements than would normally be taken in the office, your doctor will have a better idea of how well your diet, exercise and medicines are working to control your high blood pressure when you are not in the office



You can be prepared by:

- Not participating in vigorous physical activity within 30 minutes of taking your blood pressure
- Not drinking coffee, regular/diet caffeinated soda, alcohol, or smoking within 30 minutes of taking your BP
- Emptying your bladder and bowel right before taking your BP
- Sitting calmly for 5 minutes before taking your BP
- Using a cuff that is the right size for your arm



Cuff Sizes: (work with your doctor or pharmacist to ensure a proper fit)

- Small adult: 9–10 in. arm circumference (22–26 cm)
- Standard adult: 11–13 in. arm circumference (27–34 cm)
- Large adult: 14–17 in. arm circumference (35–44 cm)
- Adult thigh: 18–21 in. arm circumference (45–52 cm)

Self-measured blood pressure tracking form

Decide with your doctor or care team if you should use this form. You may not need to use it if your blood pressure device is able to store your readings and you are able to share those readings with your clinician.

Resources: <http://bit.ly/mybloodpresslog>