




## How to Take your Blood Pressure

- Check your blood pressure in the morning before taking your medications
- Do not smoke or drink caffeine for 1 hour before taking your blood pressure
- Do not exercise for at least 30 minutes before taking your blood pressure
- Sit in a chair with your back against the chair and your feet flat on the ground
- Stay relaxed/sit still for 5 minutes before taking your blood pressure and when taking your blood pressure
- Place your bare arm on an armrest or table at the same level as your heart
- Wait 1 to 2 minutes between each blood pressure check

## BLOOD PRESSURE MEASUREMENT



### When you measure your blood pressure:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor

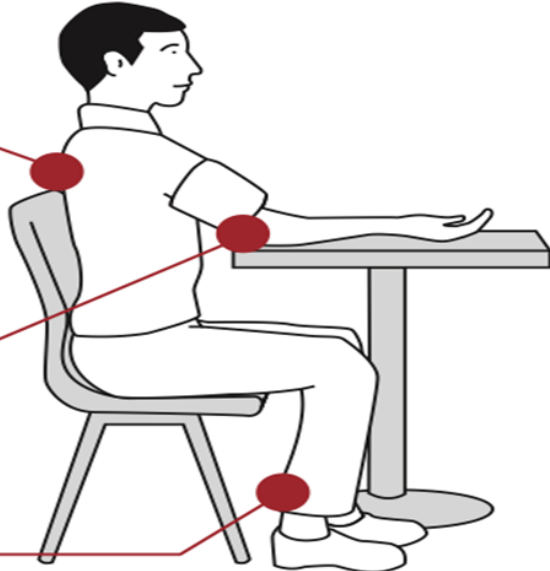



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Take your blood pressure \_\_\_\_\_ times per day on your *Left / Right* arm, \_\_\_\_\_ days per *week / month*

**Bring these blood pressure readings to your next clinic visit**

Date	Time	Blood Pressure Reading #1	Heart Rate	Blood Pressure Reading #2	Heart Rate	Comments
<u>"EXAMPLE"</u> June 10 <sup>th</sup>	7:30 am	138/82	79	135/80	78	Right arm
	8:15 pm	157/92	91	154/90	92	Feet swollen





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