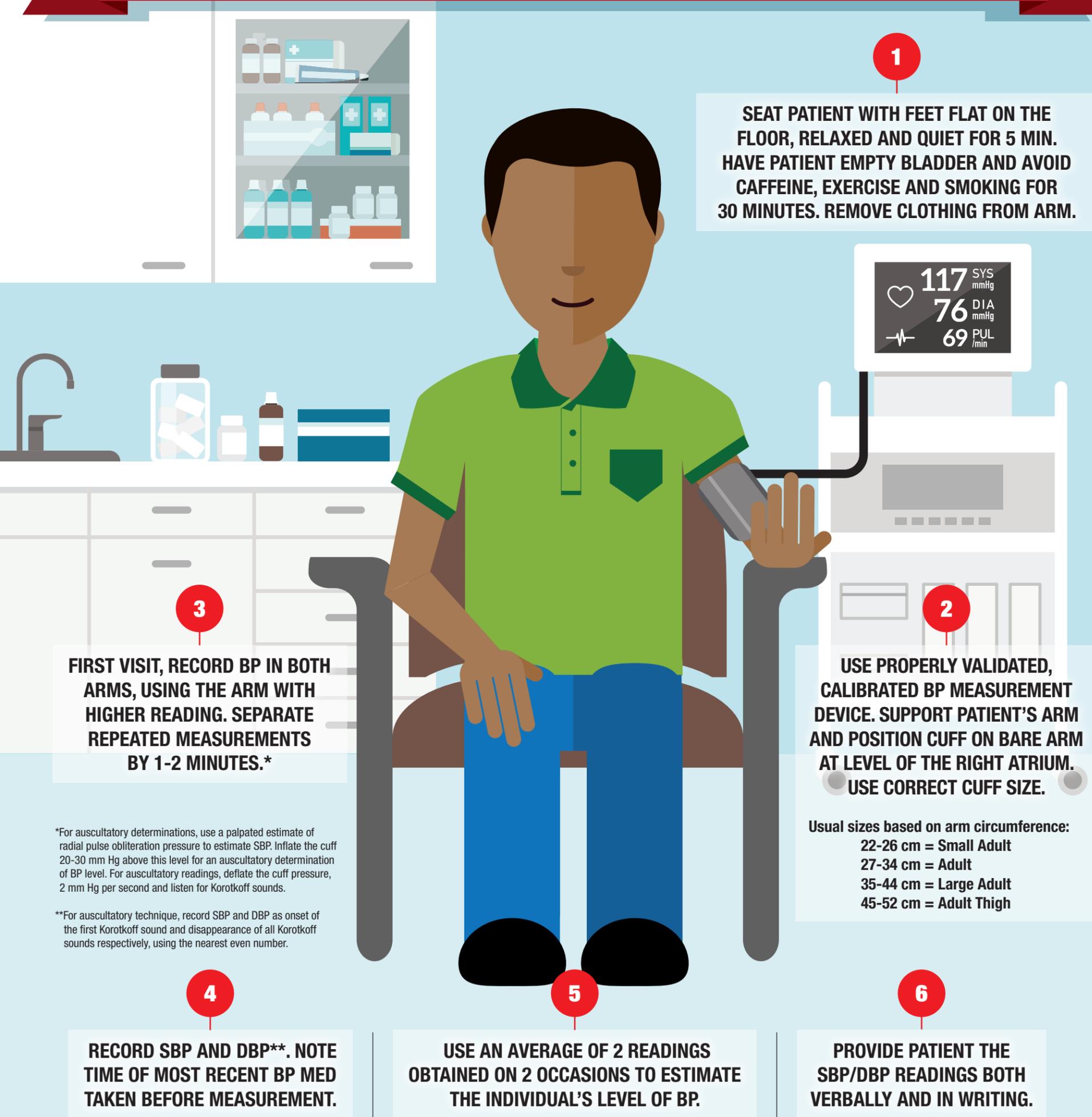


STEPS FOR ACCURATE BP MEASUREMENT



1
SEAT PATIENT WITH FEET FLAT ON THE FLOOR, RELAXED AND QUIET FOR 5 MIN. HAVE PATIENT EMPTY BLADDER AND AVOID CAFFEINE, EXERCISE AND SMOKING FOR 30 MINUTES. REMOVE CLOTHING FROM ARM.

2
USE PROPERLY VALIDATED, CALIBRATED BP MEASUREMENT DEVICE. SUPPORT PATIENT'S ARM AND POSITION CUFF ON BARE ARM AT LEVEL OF THE RIGHT ATRIUM. USE CORRECT CUFF SIZE.

Usual sizes based on arm circumference:
 22-26 cm = Small Adult
 27-34 cm = Adult
 35-44 cm = Large Adult
 45-52 cm = Adult Thigh

3
FIRST VISIT, RECORD BP IN BOTH ARMS, USING THE ARM WITH HIGHER READING. SEPARATE REPEATED MEASUREMENTS BY 1-2 MINUTES.*

4
RECORD SBP AND DBP**. NOTE TIME OF MOST RECENT BP MED TAKEN BEFORE MEASUREMENT.

5
USE AN AVERAGE OF 2 READINGS OBTAINED ON 2 OCCASIONS TO ESTIMATE THE INDIVIDUAL'S LEVEL OF BP.

6
PROVIDE PATIENT THE SBP/DBP READINGS BOTH VERBALLY AND IN WRITING.

*For auscultatory determinations, use a palpated estimate of radial pulse obliteration pressure to estimate SBP. Inflate the cuff 20-30 mm Hg above this level for an auscultatory determination of BP level. For auscultatory readings, deflate the cuff pressure, 2 mm Hg per second and listen for Korotkoff sounds.

**For auscultatory technique, record SBP and DBP as onset of the first Korotkoff sound and disappearance of all Korotkoff sounds respectively, using the nearest even number.

AHA recommended blood pressure levels

LEARN MORE AT
[HEART.ORG/BPTOOLS](https://www.heart.org/BPTOOLS)

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS	HIGHER THAN 180	and/or	HIGHER THAN 120

TYLENOL

American Heart Association's efforts to improve healthy choices related to living with high blood pressure is proudly supported by TYLENOL®.