HOW TO GET YOUR BLOOD PRESSURE CHECKED
By American Heart Association News
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The first step in controlling your blood pressure is knowing your numbers, and that requires an accurate BP reading. Here’s how to do it right, whether you’re at a clinic or at home:

Before
In the 30 minutes before your BP is taken:
• No smoking
• No caffeine
• No exercise
In the 5 minutes before your BP is taken:
• Sit still

During
• Make sure the cuff is the right size and in the right place.
• Keep your cuffed arm on a flat surface, like a table, and at heart level.
• Sit upright, back straight, feet flat on floor.
• Don’t talk.

After
• Wait one minute and take BP reading again.
Average the readings.
Consider a third reading
• Keep a log and bring to every checkup.
• Bring your device yearly to make sure it is accurate.

Source: 2017 guidelines on diagnosing, treating and living with high blood pressure.