HOW TO GET YOUR BLOOD PRESSURE CHECKED

By American Heart Association News

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.