# How to Take Your Blood Pressure

## 1 Before taking your blood pressure.

- Don't smoke, eat, drink caffeine (like coffee, tea or soda) or exercise at least 30 minutes before.
- Sit quietly for 5 to 10 minutes.
- Sit in a chair with your back supported and both feet on the floor.
- Roll up your sleeve or remove tight clothing from your upper arm.



## 2 How to put on the cuff.

- Put your arm through the cuff loop and slide it up your arm. Your left arm is recommended.
- The bottom edge of the cuff should be about one inch above the crease of your elbow.
- The tube should run along the inside of your arm in line with your little (pinky) finger.
- Tighten the cuff and secure the Velcro®.



## 3 Take your blood pressure twice.

**First time:**

- Rest your forearm on a table with the cuff at heart level and your palm up.
- Press "START."
- The cuff will automatically inflate. After a few seconds, it will begin to deflate, and you'll hear beeps. After a long beep, you'll see your blood pressure numbers on the screen.
- Write the numbers in your Blood Pressure Tracking Card. For example, 162/81. The top number is your systolic (SYS) pressure. The bottom is your diastolic (DIA) pressure.

**Second time:**

- Wait one minute, then take your blood pressure again. Write the numbers in your card.
- Please don't press any other buttons. Your readings will be automatically saved.





## 4 Bring your card to your next doctor's visit.

- Go over your numbers with your doctor.
- Find out:
  - ‣ Your blood pressure goal.
  - ‣ How often to take your blood pressure.
  - ‣ What to do if your blood pressure is very high or low.
  - ‣ What you can do to control your blood pressure.

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