

Guidelines for Taking Your Blood Pressure

Go through this checklist before taking your blood pressure. Otherwise, you can end up with an artificially high or low blood pressure.

- _____ 1. Are using the **correct** size blood pressure cuff.
- _____ 2. Arm is in correct position: level with your heart and palm is facing up.
- _____ 3. Have rested comfortably for 3-5 minutes.
- _____ 4. Are sitting comfortably, legs uncrossed, feet flat on the floor with back and arm supported.
- _____ 5. Are not under stress or anxiety. No muscle tension.
- _____ 6. Are quiet and not talking.
- _____ 7. Have an empty bladder.
- _____ 8. Have not had caffeine or alcohol for at least 30 minutes.
- _____ 9. Have not had tobacco for at least 30 minutes.
- _____ 10. Room temperature is comfortable and not cold.
- _____ 11. Are not dehydrated.