



# BLOOD PRESSURE BEST PRACTICES

1. Remove clothing and jewelry from the arm you will be using for a reading. These may interfere with the reading's accuracy.
  - a. Make sure any rolled or adjusted sleeves are not constricting blood flow.
2. Sit down at a table or desk.
3. With your arm facing upwards, slide the cuff up to the upper arm and secure
4. Depending on your machine, press start or go, based on the instructions.
  - a. Don't talk or move during the reading!
5. Record your reading

## TIPS FOR TAKING ACCURATE READINGS

- Consistency is key! Take readings on the same arm and in the same conditions or circumstances each time.
- Take your blood pressure 1-2 hours after taking your medications and when you are most relaxed.
- Uncross legs and ankles, sitting with good posture and feet flat on the ground
- Do not slide your cuff off as this can damage the cuff and its ability to inflate properly. Always fully remove the velcro when you are finished taking your readings.
- Take a second reading if you are unsure if your first is accurate following the above steps.
  - Wait 5-10 minutes before taking a second reading. Take deep breaths and find a “happy place” in your mind to work on relaxing.
- Avoid eating, caffeine, and smoking before taking a reading.

For more information:

**ARTICLE**

[HTTPS://BIT.LY/48ADYJ4](https://bit.ly/48ADYJ4)



**VIDEO**

[HTTPS://BIT.LY/3GZNLRN](https://bit.ly/3GZNLRN)

