

HOW TO MEASURE YOUR BLOOD PRESSURE AT HOME

2. Rest

- Wait 30 minutes before taking your blood pressure.
- Rest for 5 minutes before taking your blood pressure.
- Do not talk or move during the measurement.
- Empty your bladder before taking your blood pressure.
- Do not smoke, drink alcohol, or exercise before taking your blood pressure.
- Empty your bladder before taking your blood pressure.



3. Measure

- Sit upright with your feet flat on the floor and your back supported.
- Rest your arm on a flat surface at heart level.
- Do not talk or move during the measurement.
- Wait 30 seconds, then take your blood pressure.
- Wait 30 seconds, then take your blood pressure again.
- Wait 30 seconds, then take your blood pressure a third time.
- Average the three readings.
- Record the average reading.