

INTEGRITAS WELLNESS INSTITUTE

HOW TO MEASURE BLOOD PRESSURE

GENERAL GUIDELINES

- Rest and relax for 5 minutes without distractions (e.g. TV) before measuring.
- Do NOT measure when you are uncomfortable, cold, anxious, stressed or in pain.
- Wait at least two hours after a big meal.
- Wait at least half an hour after drinking coffee, smoking or exercise.
- Empty your bladder and bowel if uncomfortable before taking a reading.
- Place the cuff on your bare arm. Do NOT use a wrist monitor.
- Sit in a chair that supports your back and beside a table that can support your arm.
- Put a pillow or towel under your arm so that it rests at heart level if needed.
- Keep your feet and ankles on the floor and do NOT cross your legs.

Best wishes for a normal and safe Blood Pressure.

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