

How Do I Measure It?

Checking your blood pressure at home is one of the best ways to help your health care provider manage your blood pressure.

Home readings are often more accurate than office readings because you are relaxed and in a familiar setting.

Follow these steps to get the most accurate readings.



CHOOSING THE RIGHT EQUIPMENT

- Use an automatic (digital) upper arm blood pressure monitor. Do not use wrist monitors unless that is all you have as they are less accurate.
- Choose the correct cuff size for your arm. A cuff that is too small or too large will give inaccurate readings.



BEFORE YOU MEASURE

-  Empty your bladder before taking a reading.
-  Avoid smoking, caffeinated drinks, (coffee, tea, energy drinks), alcohol, and exercise for at least 30 minutes before measuring.
-  Sit in a quiet room at a comfortable temperature.
-  Rest quietly for at least 5 minutes before taking your reading.
-  Do not talk, text, or use your phone during this time.

PROPER POSITION



Sit in a straight-backed chair (like a dining chair — not a couch or recliner).



Place the cuff on your bare upper arm (not over clothing). The bottom edge of the cuff should sit just above the bend of your elbow.



Keep your back supported against the chair.



Rest your arm on a flat surface (like a table) so that the cuff is at the level of your heart.



Place both feet flat on the floor — do not cross your legs.



Do not let your arm hang at your side or rest it on your lap, as this can make your reading falsely high.



Sit still and do not talk during the reading.



Karen's Challenge
CHECK YOUR BLOOD PRESSURE AT HOME THIS WEEK.

Try taking your blood pressure in the morning and again in the evening for 3–7 days. Write down your readings and **have them available** for your next visit.



Contact Karen

407-867-1758
karencorner@carter-familypractice.com

*Care that
feels human
again.*

♥ I'm here for you.

If you have questions or concerns about your heart health, I'm always here to help.