

HOW TO TAKE A BLOOD PRESSURE

Our blood pressure changes throughout the day so for comparable results, try to do your blood pressure around the same time and under the same conditions i.e. just before taking any BP medication or up to 30 minutes after.

GET EQUIPMENT READY: machine (with batteries (!)), cuff, pen & paper or phone (to record results)

SIT QUIETLY for 5-10 minutes before. Ideally in a hard backed chair, with feet on the floor

PUT CUFF ON PROPERLY (tight enough so slide a finger underneath and tube on elbow crease, falling down in line with middle finger)

REST ARM with palm facing up. If using a wrist machine, ensure wrist is heart height

PRESS START on blood pressure machine

DO NOT TALK! This is important...

RECORD RESULT