Measuring Blood Pressure the Right Way

**Preparation**
- Calm, warm environment.
- No exercising in the preceding 30 minutes.
- No coffee, food, smoking, or decongestant in the preceding hour.
- Empty bladder and bowel.
- Patient calmly seated for five minutes.

**Device**
- Validated device (www.dableducational.org).
- Have the device calibrated regularly according to manufacturers’ recommendations.
- Cuff size small, medium, or large according to arm size.

**While taking blood pressure**
- Place cuff mid-arm at heart level, about 1 inch from the fold of the elbow.
- Ensure arm is supported by a smooth, flat surface and is slightly flexed.
- Keeping palm face up.
- Do not speak.
- Keep back supported.
- Keep feet flat on the floor.
- Keep legs uncrossed.

**Home BP Measurement**
- Two measurements morning and evening for 7 days.
- Discard measurements of day 1.
- Average the numbers together.

**Target Value:**
Below 135/85 mmHg

**Office BP Measurement**
- Two measurements; same arm, same position.
- Average the numbers together.
- Do not round the numbers

**Target Value:**
Below 140/90 mmHg
Below 130/80 mmHg diabetes or chronic kidney disease

What is High Blood Pressure?
Blood pressure is the force with which our hearts pump blood throughout our bodies. High blood pressure (also called "hypertension") is when our hearts pump blood at unhealthy, faster levels causing extra pressure on the artery walls putting us at higher risk for heart attack or stroke.