

What blood pressure (BP) device to use?

- DO** use a validated, automated machine, preferably with storage memory
- DO** use an appropriate sized cuff (fits the arm within the accepted range indicated on the cuff)
- DO** use an upper arm cuff (NOT a wrist or finger cuff)

When to take home BP?

- DO** take measurements at around the same time in the morning and evening
- DO** take before taking medication, food or vigorous exercise
- DO** take for seven days
- DO** take as advised by your doctor e.g. before visiting the doctor or after medication change

How to take home BP?

- DO** sit quietly for five minutes (no talking / extreme temperatures / distractions such as TV)
- DO** sit with feet flat on floor, legs uncrossed, upper arm bare, back and arm supported (relaxed position with the cuff at heart level)
- DO** take two measurements one minute apart
- DO** record each measurement in a diary or spread sheet
- DO** take a copy of the BP readings to your doctor appointment
- DO NOT** smoke or drink caffeine 30 minutes before measuring BP
- DO NOT** measure your BP if uncomfortable, stressed or in pain

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