

HOW TO MEASURE YOUR BLOOD PRESSURE AT HOME

CHECKLIST FOR ACCURATE BLOOD PRESSURE MEASUREMENTS

1 PREPARE



Avoid Caffeine

for at least 30 mins before measurement



Avoid Smoking

for at least 30 mins before measurement



Avoid Eating

for at least 30 mins before measurement



Avoid Exercise

for at least 30 mins before measurement



Measure your Blood Pressure **before** taking your BP medication



Find a quiet place with no distractions

Avoid talking during the measurement

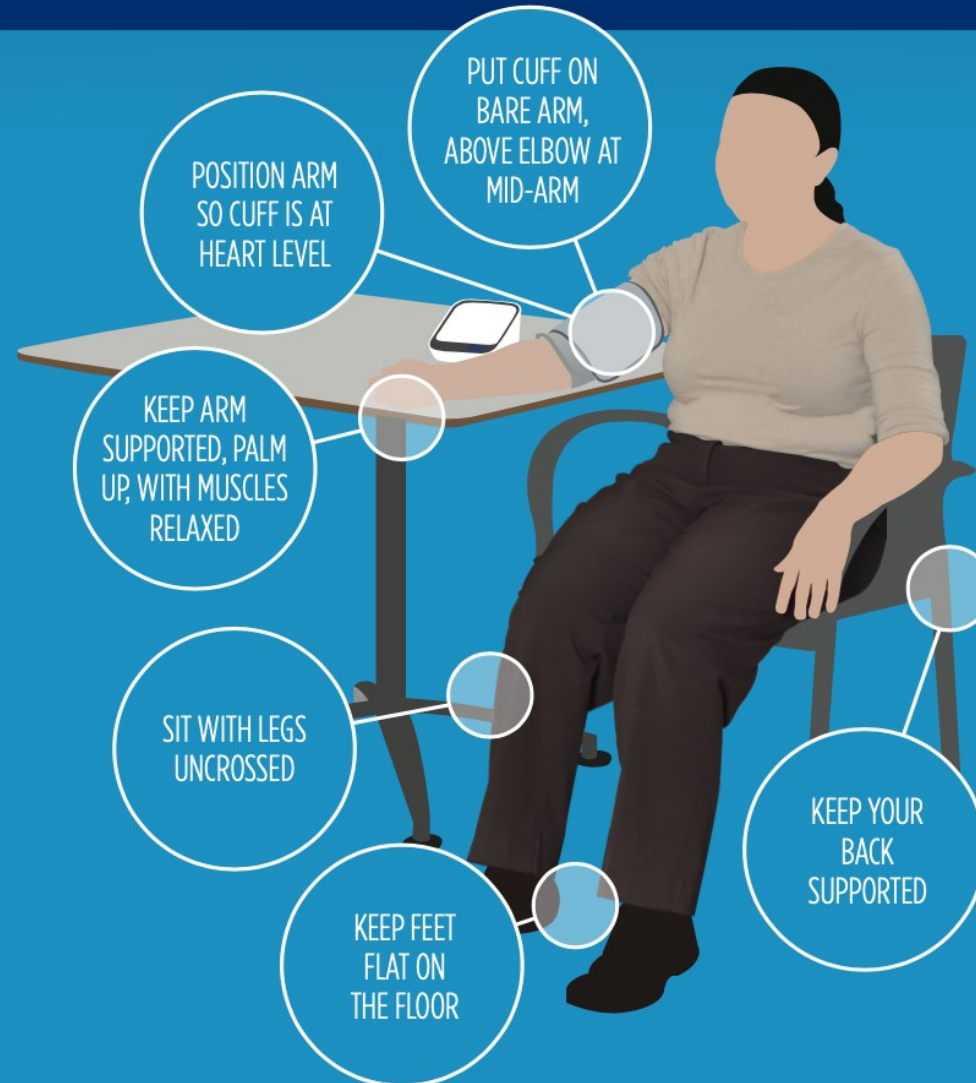


Empty your bladder before measurement



Prepare pen/paper to record your results

2 POSITION



3 MEASURE

Stay calm

for 5 minutes



Take 3 measurements, each one minute apart



Discard first measurement. Average 2nd and 3rd measurement



Record 2nd, 3rd and average measurements



Consult your doctor for readings in red

Low*

89/59

Normal Range

90-129/60-79

High*

130/80