

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- NO SMOKING
- NO EXERCISE
- NO CAFFEINATED BEVERAGES
- NO ALCOHOL

RIGHT BEFORE:

- PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.
- WRAP IT AGAINST YOUR BARE SKIN, NOT OVER CLOTHING.

USE A PROPERLY CALIBRATED AND VALIDATED DEVICE. CHECK THE CUFF SIZE AND FIT.

REST FOR AT LEAST 5 MINUTES. SIT CALMLY AND DON'T TALK.

WHILE YOU PREPARE TO TAKE YOUR BLOOD PRESSURE:

- RELAX.
- DON'T TALK.
- REST YOUR ARM COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL.
- SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
- KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

TAKE AT LEAST TWO READINGS 1 MINUTE APART IN THE MORNING BEFORE TAKING MEDICATIONS, AND IN THE EVENING BEFORE GOING TO BED. RECORD ALL RESULTS.

(IF YOU NOTICE THAT ONE ARM SHOWS A HIGHER READING THAN THE OTHER, USE THE ARM WITH THE HIGHER READING.)

American Heart Association recommended blood pressure levels

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120



* WAIT A FEW MINUTES AND TAKE BLOOD PRESSURE AGAIN.

* IF YOUR BLOOD PRESSURE IS STILL HIGH AND THERE ARE NO OTHER SIGNS OR SYMPTOMS, CONTACT YOUR HEALTH CARE PROFESSIONAL IMMEDIATELY.

* IF YOU ARE EXPERIENCING SIGNS OF POSSIBLE ORGAN DAMAGE, SUCH AS CHEST PAIN, SHORTNESS OF BREATH, BACK PAIN, NUMBNESS/WEAKNESS, CHANGE IN VISION OR DIFFICULTY SPEAKING, CALL 911.

LEARN MORE AT [HEART.ORG/BP](https://heart.org/bp)

