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HOME BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

Before You Measure

- No smoking, caffeinated beverages, alcohol, or exercise 30 minutes prior
- Use a validated device with the correct cuff size (visit [Validate BP](#) to find a device you can trust)
- Empty your bladder
- Sit quietly for more than 5 minutes and do not talk

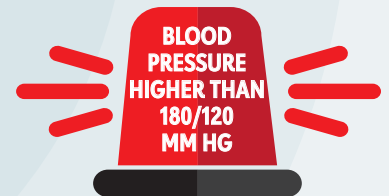
Proper Positioning

- Sit upright with back supported, feet on floor, and legs uncrossed
- Rest your arm comfortably on a flat surface at heart level
- Wrap the cuff on your bare skin above the bend of the elbow, not over clothing



During Measurement

- Stay relaxed and do not talk
- Take at least two readings, 1 minute apart
- Record all results once measurement is completed and share them with your health care professional to help confirm your office blood pressure category



**MAY BE A
HYPERTENSIVE
EMERGENCY***

American Heart Association recommended office blood pressure categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NON-HYPERTENSIVE	LESS THAN 140	and	LESS THAN 90
HYPERTENSION IN PREGNANCY*	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION* (If you don't have symptoms, call your health care professional immediately)	160 OR HIGHER	or	110 OR HIGHER

- * 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
- * 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

*If you have any of these symptoms, call 911: severe headache, change in vision, abdominal pain, chest pain, significant swelling, or shortness of breath

Learn more at
heart.org/BP