

HOW TO MEASURE YOUR BLOOD PRESSURE AT HOME

Follow these steps for an accurate blood pressure reading:

If you are taking blood pressure medication, make sure you take your medication at the same time everyday. It's best to measure your blood pressure an hour before you take your blood pressure medication.

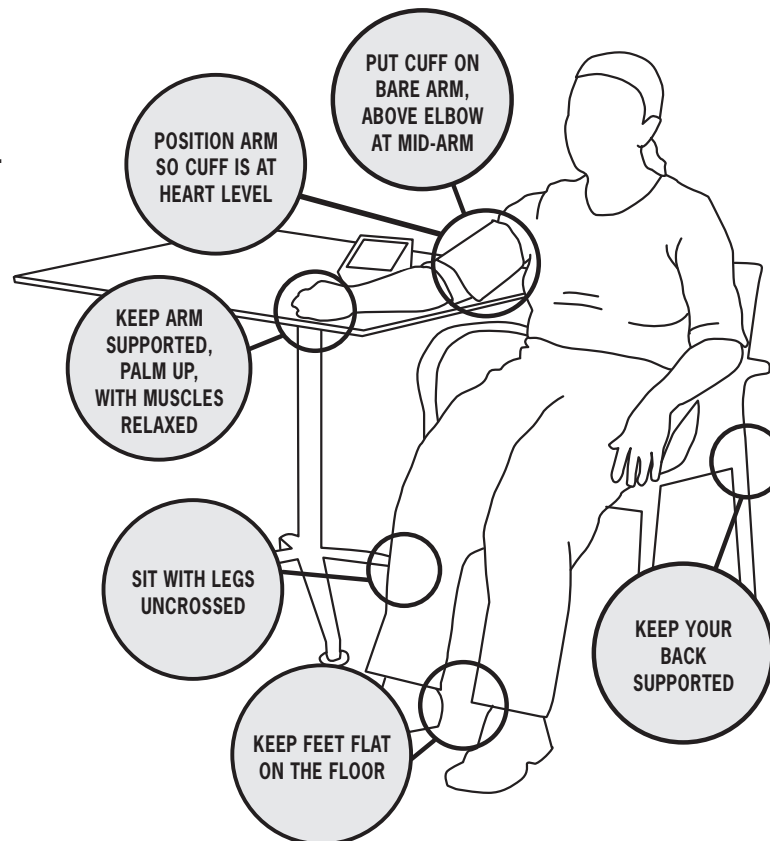
1 PREPARE

Don't drink coffee, smoke cigarettes, vape, use drugs, or eat a meal 30 minutes before you measure your blood pressure.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2 POSITION



3 MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.