

How to measure your blood pressure at home

Follow these steps to get an accurate blood pressure measurement:

1. Prepare

- Avoid these things for 30 minutes:
 - Eating
 - Smoking
 - Exercise
 - Caffeine, such as coffee and some teas and sodas
- Measure your blood pressure before taking your morning medicine
- Use the bathroom to empty your bladder, if needed
- Find a quiet space to sit with no distractions

2. Position

- Sit in a chair that supports your back
- Sit next to a flat surface, like a desk or table
- Put the cuff above your elbow on your upper arm, on your skin and not over clothing
- Rest your arm on the flat surface at mid-chest or heart level with your palm up
- Keep both feet flat on the floor with your legs uncrossed



3. Measure

- Rest quietly for 5 minutes in your seated position
- Keep your arm and body relaxed
- Sit quietly without:
 - Talking or conversations
 - TV, phone, or other electronic devices
- Take 2 measurements, waiting 1 minute in between. Do this twice a day, once in the morning and once at night, for 7 days.
- Write down each of your measurements as instructed by your doctor or care team
- Share your measurements with your doctor or care team as instructed



Note: If you are using a wrist cuff, talk to your doctor or care team about how to position your arm.