

# Blood Pressure Measurement

## When should I take my blood pressure?

- ✓ Before breakfast and/ or 2 hours after dinner
- ✓ Before taking medication
- ✓ After emptying bladder and bowel if needed
- ✓ Avoid tobacco and caffeine in the hour before
- ✓ No exercise 30 minutes before
- ✓ Rest for 5 minutes in sitting before taking the measurement

### Prepare

- ✓ Rest 5 minutes
- ✓ Sitting Position
- ✓ Back Supported
- ✓ Arm Bare and Supported
- ✓ Do not talk or move before or during measurement
- ✓ Leg uncrossed
- ✓ Feet flat on floor



### Cuff Position

- ✓ Use a cuff size that is right for your arm
- ✓ Put the middle of the cuff at heart level
- ✓ The lower edge of the cuff should be 3 cm above the elbow crease

## Home Blood Pressure Measurement can help you keep track

- ✓ [www.hypertension.ca](http://www.hypertension.ca) has more information on cuff size and a list of clinically validated devices. Look for the logo if you are considering buying a home monitor



- ✓ Some devices may not work properly if you have an irregular heart rhythm such as atrial fibrillation. Ask your pharmacist, clinician or research your device to see which monitor is right for you