

Before measuring your blood pressure:

- Rest for 30 minutes after physical activity.
- Remove tight or bulky clothing from your arm.
- Empty your bowel and bladder before taking your blood pressure.
- **Do not smoke** for 30 minutes before.
- **Do not drink caffeinated** beverages (coffee, tea, cola etc.) for at least 30 minutes.
- **Do not** measure your blood pressure when eating, drinking or talking.
- **Do not** measure your blood pressure when under stress or in pain.
- Read the directions provided with your home blood pressure monitoring machine.

Apply the blood pressure cuff

- Sit up straight in a comfy chair with your back supported. Keep your feet flat on the floor and do not cross your legs.
- Rest for 5 minutes before measuring.
- Put your arm on a table or firm surface so the cuff is at the same level as your heart. Relax your arm with your palm facing up.
- Put the cuff on your upper arm, about 1 to 2.5 cm (1/2 to 1 inch) above the bend of your elbow.
- Make sure the cuff is snug but not tight. You should be able to fit 2 fingers between the cuff and your arm.
- Make sure the hose is not twisted.

Measure your blood pressure and Pulse

- Remain still and quiet until the reading shows on the screen and the cuff deflates by itself.
- Write down the blood pressure and pulse numbers on your chart.
- Use the same arm and monitor for every time. Sit in the same position and measure after the same period of rest each time.

Measure your weight

- Measure your weight every day as soon as you wake up.
- Measure **after** you have gone to the bathroom **and before** you eat or drink anything.
- Wear the same amount of clothing each time.
- Use the same scale.
- Write down your weight in the chart on back.
- You can use pounds (lbs) or kilograms (Kg) to measure your weight; whichever you are most comfortable using.

