Measuring Blood Pressure
... the right way

**Patients**

1. **Be Prepared**
   - Before your appointment:
     - Empty bladder and bowel
     - Sit calmly for 5 minutes
   - Avoid 30 minutes before:
     - Vigorous physical activity
     - Coffee, caffeinated soda (regular or diet), alcohol or smoking

2. **During Blood Pressure**
   - Body Position:
     1. Bare upper arm supported at heart level (resting on a desk or table)
     2. Uncrossed legs
     3. Both feet flat on the floor
     4. Seated in a chair with back support
   - Do not talk!

**Providers**

Remember to:

1. Calibrate device regularly according to manufacturer's recommendations
2. Wash your hands
3. Choose the Proper Cuff Size

<table>
<thead>
<tr>
<th>Cuff Sizes</th>
<th>Indication</th>
<th>Arm Circumference (in.)</th>
<th>Arm Circumference (cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Small Adult</td>
<td>9-10 in.</td>
<td>22-26 cm</td>
</tr>
<tr>
<td></td>
<td>Standard Adult</td>
<td>11-13 in.</td>
<td>27-34 cm</td>
</tr>
<tr>
<td></td>
<td>Large Adult</td>
<td>14-17 in.</td>
<td>35-44 cm</td>
</tr>
<tr>
<td></td>
<td>Adult Thigh</td>
<td>18-21 in.</td>
<td>45-52 cm</td>
</tr>
</tbody>
</table>

For more information please contact:
Heart Disease & Stroke Prevention Program
Division of Health Promotion
North Dakota Department of Health
Phone: 701.328.2367 or 800.280.5512 (in ND)
http://www.ndhealth.gov/heartstroke