Measuring Blood Pressure The Right Way

PATIENTS:

BE PREPARED

- No vigorous physical activity 30 minutes before
- No coffee, caffeinated soda (regular or diet), alcohol or smoking 30 minutes before
- Empty bladder and bowel
- Sit calmly for 5 minutes

WHILE BLOOD PRESSURE IS TAKEN

- Be seated in a chair with back supported
- Do not talk
- Have arm supported at heart level (resting on a desk or table)
- Keep upper arm bare
- Keep legs uncrossed
- Keep both feet flat on the floor

PROVIDERS:

REMEMBER TO

- Calibrate device regularly according to manufacturers’ recommendations
- Wash hands
- Choose the proper cuff size

CUFF SIZES

<table>
<thead>
<tr>
<th>INDICATIONS</th>
<th>ARM CIRCUMFERENCE (INCHES)</th>
<th>ARM CIRCUMFERENCE (CM)</th>
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<tbody>
<tr>
<td>Small Adult</td>
<td>9-10</td>
<td>22-26</td>
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<tr>
<td>Standard Adult</td>
<td>11-13</td>
<td>27-34</td>
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<tr>
<td>Large Adult</td>
<td>14-17</td>
<td>35-44</td>
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<tr>
<td>Adult Thigh</td>
<td>18-21</td>
<td>45-52</td>
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</table>

ARE YOU USING THE CORRECT CUFF SIZE?