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