

# 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



#### Cuff Sizes

Indication	Arm Circumference (in.)	Arm Circumference (cm)
Small Adult	9-10 in.	22-26 cm
Standard Adult	11-13 in.	27-34 cm
Large Adult	14-17 in.	35-44 cm
Adult Thigh	18-21 in.	45-52 cm