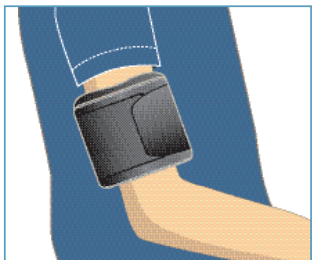


# Checking Your Blood Pressure

Getting an accurate blood pressure reading is important for your health. Be ready when you get your blood pressure taken.

## Before



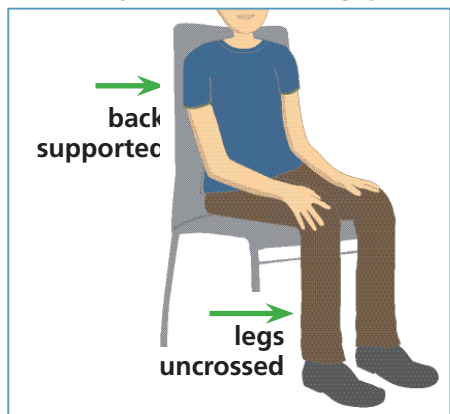
- ✓ Wear clothing that makes it easy to place the cuff on your bare upper arm.

### 30 minutes before:

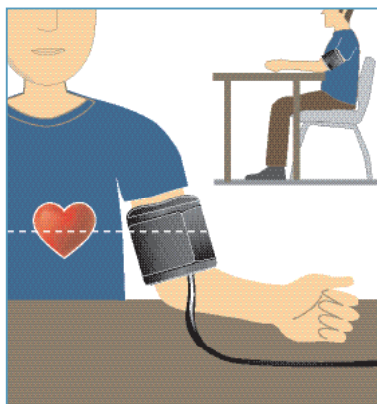
- ✓ Avoid exercise. Blood pressure can increase during and shortly after exercise.
- ✓ Don't smoke. Nicotine can increase your blood pressure.
- ✓ Avoid drinks with caffeine. Blood pressure can increase shortly after having caffeine.
- ✓ Visit the restroom. A full bladder can increase your blood pressure.

## During

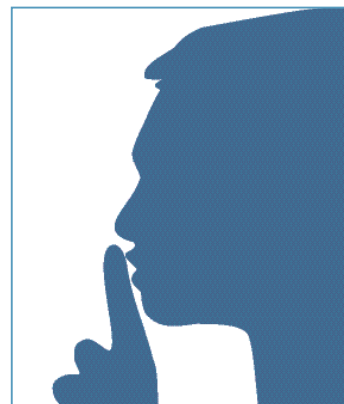
While you're having your blood pressure taken:



- ✓ Sit quietly in the chair for a few minutes.
- ✓ Keep your back supported with the chair.
- ✓ Have your legs uncrossed and feet flat on the floor.



- ✓ Support your arm at heart level on a table or arm rest.



- ✓ Be quiet—talking can increase your blood pressure results.

## After

Know what to expect:

- ✓ Taking a second blood pressure reading, a few minutes after the first one, may help your doctor get a better estimate of your average daily blood pressure.
- ✓ If your blood pressure is different from what you expected, please talk to your doctor or ask to have your blood pressure measured again.