

# HOW TO MEASURE YOUR BLOOD PRESSURE AT HOME

## Follow these steps for an accurate blood pressure reading

### 1 PREPARE

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.

Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP *before* you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

### 2 POSITION



### 3 MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.