

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



STOP

**ARE YOU USING THE
CORRECT CUFF SIZE?**

CUFF SIZES		
INDICATIONS	ARM CIRCUMFERENCE (INCHES)	ARM CIRCUMFERENCE (CM)
Small Adult	9-10	22-26
Standard Adult	11-13	27-34
Large Adult	14-17	35-44
Adult Thigh	18-21	45-52