

Blood Pressure Measurement Instructions

8 Measurements should be taken in silence when you are relaxed, with both feet flat on the floor and your back and arm supported.

Blood Pressure should be taken on both arms before recording results. The arm with the highest systolic (top number) reading should be used for all other measurements.

7 No tight or restrictive clothing should be worn when taking measurements

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6 The device should be placed on a stable surface, as per the manufacturer's instructions, to produce a blood pressure reading.

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The cuff should be placed in the middle of the bicep, 2cm above the elbow crease

5 You should be seated, remain silent and be at rest for a minimum of five minutes before taking a measurement and should not have smoked, eaten, drunk a caffeinated drink or undertaken physical activity within the past thirty minutes. You should also avoid measuring your blood pressure with a full bladder.

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Forearm should be supported on a firm surface, level with the lower end of the breast/chest (more than 90 degrees at the elbow)

4 Many people automatically cross their legs, which raises their blood pressure, so it is particularly important to uncross your legs

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