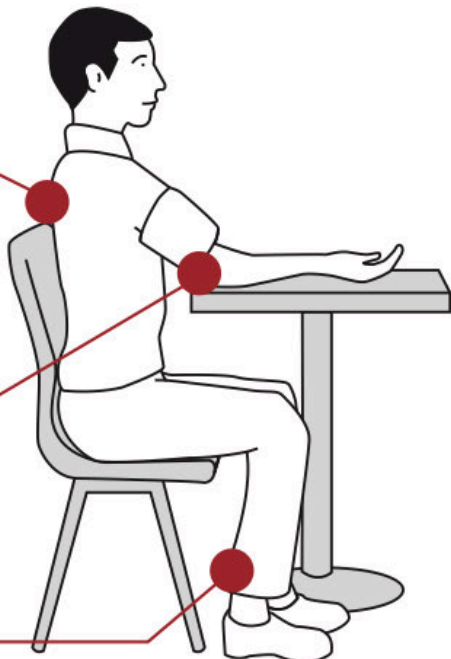


# BLOOD PRESSURE MEASUREMENT



## When you measure your blood pressure:

- ✓ Morning: Do **not** eat, drink, or shower; please take your blood pressure first
- ✓ Evening: Keep this time the same, daily
- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor
- ✓ Check the clock for the time and wait **FIVE** minutes before taking blood pressure
- ✓ Take up to three readings in one seating; write all three readings down
- ✓ Record heart rate if necessary



Hypertension  
CANADA