

How to Measure your Blood Pressure at Home

Follow these steps for accurate blood pressure readings—every time!

One of the best ways to measure your blood pressure is to do it yourself—at home, in a familiar setting, with your own monitor. Then communicate these results to your provider.

To ensure accurate blood pressure measurements, use this checklist for proper preparation and positioning:

#1 - PREPARE:

- Avoid caffeine, cigarettes, and/or exercise for 30 minutes before taking your BP.
- Wait at least 30 minutes after a meal before taking your BP.
- If you take BP medications, measure your BP before taking them.
- Empty your bladder before taking your BP.
- Find a quiet, comfortable space where you can sit without distraction.
- Sit quietly for five minutes before taking your BP.

#2 - POSITION:

- Put the cuff on your bare arm (not over clothing), above elbow at mid-arm.
- Make sure the blood pressure cuff is snug but not too tight.
- Rest your arm with the cuff on a table at chest height.
- Keep your arm supported, palm up, with muscles relaxed.
- Sit with your legs uncrossed, feet flat on the floor.
- Do not talk while measuring your blood pressure.

#3 - MEASURE:

- Your provider will let you know how often to measure your BP and share your results.
- Take two or three measurements, one minute apart.
- Keep your body relaxed and in position during measurements.
- Avoid conversations, TV, your phone, and other devices while measuring.
- Record your measurements when finished.