

How to read your blood pressure

- › Measure your blood pressure under the same conditions, in the morning and evening over 7 days.
- › Only use a validated blood pressure machine. Finger and wrist measuring devices are not recommended. Find out if your blood pressure monitor is accurate at bit.ly/checkyourbpmonitor
- › Use a cuff that fits the top half of your arm properly. The cuff should sit at heart level.
- › Avoid smoking or drinking caffeine for 30 minutes before your reading.
- › Choose a comfortable place without distractions like loud music.
- › Sit with your feet flat on the floor, legs uncrossed, upper arm bare and with your back and arm supported.
- › Wait 5 minutes after you are comfortable before taking the reading.
- › Record your reading at least twice each time; take the readings one minute apart.
- › Record comments about any stressful events or symptoms that may be relevant.
- › Take your BP readings to your next GP visit.

