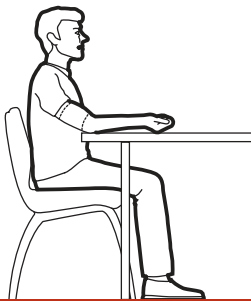# Checking Your Blood Pressure

How to Check Your Blood Pressure

Whether you or a health care provider measures your blood pressure, it is important to use the size of blood pressure cuff that fits your arm.

Before you start:

- ◆ Do not drink coffee for at least 30 minutes before measuring.

- ◆ Do not use tobacco products for at least 30 minutes before measuring.

- ◆ Do not exercise or eat a large meal two hours before measuring.

- ◆ Use the restroom. A full bladder can affect the reading.

Readings can vary from arm to arm.
Use the same arm each time you check your blood pressure.

For accurate measurement, be sure to:

1. Sit quietly in a chair for 5 minutes before measuring.
2. Sit with your back supported and feet flat on the ground.
3. Remove clothing from your upper arm.
4. Make sure your arm is supported at the level of your heart on a table or armrest.
5. Do not talk while having your blood pressure measured.

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