

Know Your Blood Pressure Numbers!

- Did you know that your blood pressure levels go up and down throughout the day?
- Checking your blood pressure levels at home can help your doctor decide if your treatment plan is working.
- Keep these tips in mind when you are measuring your blood pressure at home!

**Talk to your doctor
about your measures**

**Take several readings -
2 or 3 readings 1 minute apart
Write down all the results**

**Place cuff on your bare arm -
cuff should be tight enough
so that only two fingertips fit
under the top part of the cuff**

**Measure at the same
time each day, when
your doctor recommends**

**Don't smoke, drink
caffeinated beverages
or alcohol, or exercise
30 minutes before
measuring your blood
pressure**

**Supported Arm
At Heart Level
Unsupported arm
adds 10 mmHG**

**Place Cuff
on Bare Arm**

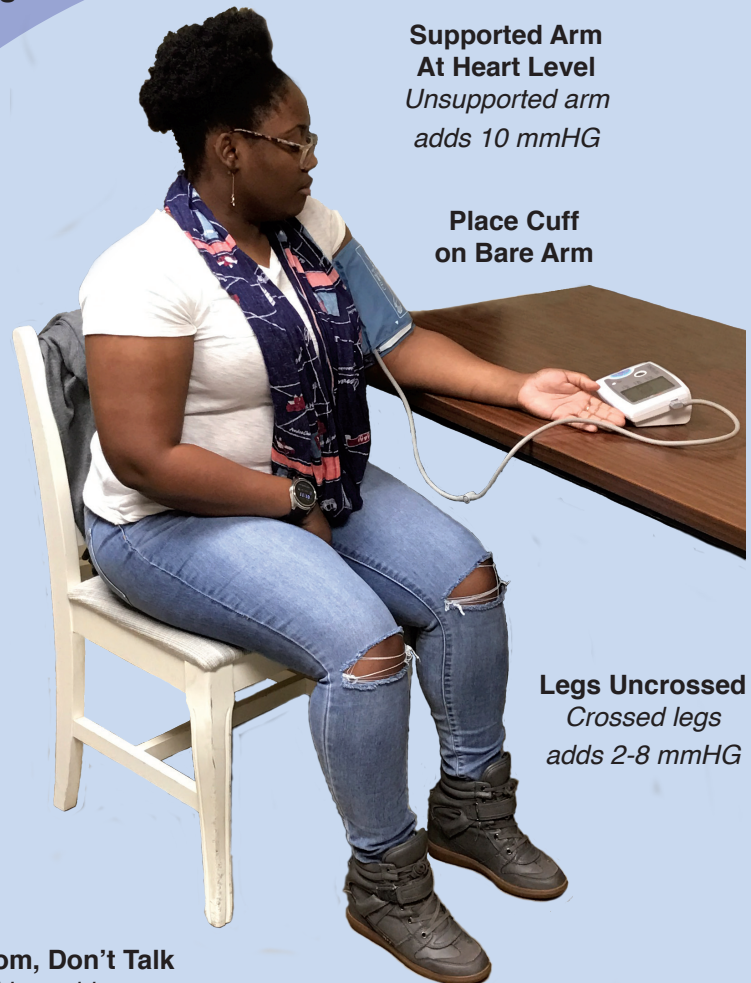
**Empty Bladder
Full bladder
adds 5-10 mmHG**

**Supported Back
Unsupported back
adds 5 mmHG**

**Legs Uncrossed
Crossed legs
adds 2-8 mmHG**

**Quiet room, Don't Talk
Talking adds
10-15 mmHG**

**Supported Feet
Unsupported feet
adds 5-10 mmHG**



To watch a video on home blood pressure monitoring, visit: www.palsforhealth.com