



WESTCHESTER COUNTY CARES

Blood Pressure Measurement Instructions

Follow the steps below for the most accurate results

1. Do not take your blood pressure without waiting for 30 minutes after exercising, smoking or drinking alcohol or caffeine
2. Be sure to empty your bladder before you start
3. Do not talk
4. Do not cross your legs
5. Keep feet flat on floor
6. Rest in a chair -- with your back supported -- for five minutes before you start
7. Be sure cuff size and fit are correct
8. Be sure your arm is rested on a flat surface and at heart level
9. Put the cuff on your bare arm, above the bend of your elbow. Do not put the cuff over your clothing