How to Take Your Blood Pressure

1. **Before taking your blood pressure.**
   - Don’t smoke, eat, drink caffeine (like coffee, tea or soda) or exercise at least 30 minutes before.
   - Sit quietly for 5 to 10 minutes.
   - Sit in a chair with your back supported and both feet on the floor.
   - Roll up your sleeve or remove tight clothing from your upper arm.

2. **How to put on the cuff.**
   - Put your arm through the cuff loop and slide it up your arm. Your left arm is recommended.
   - The bottom edge of the cuff should be about one inch above the crease of your elbow.
   - The tube should run along the inside of your arm in line with your little (pinky) finger.
   - Tighten the cuff and secure the Velcro®.

3. **Take your blood pressure twice.**
   - **First time:**
     - Rest your forearm on a table with the cuff at heart level and your palm up.
     - Press “START.”
   - The cuff will automatically inflate. After a few seconds, it will begin to deflate, and you’ll hear beeps. After a long beep, you’ll see your blood pressure numbers on the screen.
   - Write the numbers in your Blood Pressure Tracking Card. For example, 162/81. The top number is your systolic (SYS) pressure. The bottom is your diastolic (DIA) pressure.
   - **Second time:**
     - Wait one minute, then take your blood pressure again. Write the numbers in your card.
     - Please don’t press any other buttons. Your readings will be automatically saved.

4. **Bring your card to your next doctor’s visit.**
   - Go over your numbers with your doctor.
   - Find out:
     - Your blood pressure goal.
     - How often to take your blood pressure.
     - What to do if your blood pressure is very high or low.
     - What you can do to control your blood pressure.