

A Blood Pressure Test Tips A.

- Measure daily morning and evening.
- Measure before eating, exercise or taking medications in the A.M.
- Wait 30 minutes after any food, caffeine, tobacco or alcohol.
- Always measure with an empty bladder.

- Sit quietly for five minutes before testing.
- Don't talk while taking your blood pressure.
- Sit in a chair with your feet on the floor.
- Support your elbow at about heart level.
- Place the cuff on bare skin, not over clothing.
- Take a repeat reading 1-3 minutes after the first reading
- Log your results.



Source: Mayo Clinic



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