



# Tips to Ensure Accurate Blood Pressure Measurement

**1**

No smoking, food, or drink for 30 minutes before the measurement

**2**

Empty your bladder

**3**

The inflatable cuff should cover at least 80% of your upper arm and placed on bare skin (not over your clothing)

**4**

Arm should be resting at chest height with elbow at the level of your heart

**5**

Support back and sit with feet flat on the floor

**6**

No talking during the measurement



If your healthcare provider is not following these basic steps to ensure an accurate blood pressure measurement, do not hesitate to ask him or her to follow correct blood pressure guidelines. It could make a huge difference in your treatment plan.