Steps for Taking Your Blood Pressure

Before You Take Your Blood Pressure:

30 min Wait 30 Minutes After:

Drinking Caffeine   Smoking or Vaping   Exercising

Getting Ready to Take Your Blood Pressure:

1. Go pee

2. Sit quietly for 5 minutes

3. Sit with your back supported and feet on the floor

4. Put the cuff on your skin

5. Rest your arm at the same height as the middle of your chest