

HOW TO GET YOUR BLOOD PRESSURE CHECKED

By American Heart Association News

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The first step in controlling your blood pressure is knowing your numbers, and that requires an accurate BP reading. Here's how to do it right, whether you're at a clinic or at home:

Before

In the 30 minutes before your BP is taken:

- No smoking
- No caffeine
- No exercise

In the 5 minutes before your BP is taken:

- Sit still

During

- Make sure the cuff is the right size and in the right place.
- Keep your cuffed arm on a flat surface, like a table, and at heart level.
- Sit upright, back straight, feet flat on floor.
- Don't talk.

After

- Wait one minute and take BP reading again.

Average the readings.

Consider a third reading

- Keep a log and bring to every checkup.
- Bring your device yearly to make sure it is accurate.

Source: [2017 guidelines](#) on diagnosing, treating and living with high blood pressure.