

How to Measure Blood Pressure

Before Measurement



Don't exercise, smoke, eat a meal, or drink caffeine or alcohol for at least 30 minutes.



Use the bathroom.



Rest for 5 minutes.



During Measurement

1. SIT STILL

Use a chair.

Sit up straight and supported.

Put feet flat on the floor.



2. PLACE THE CUFF

Relax arm on a flat surface at heart level.

Place cuff directly above bend in elbow.



Place cuff on bare skin.



3. TIME IT CORRECTLY

Measure at the same time every day.



Take 2-3 measurements one minute apart. Record the results.



American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	less than 120	and	less than 80
ELEVATED	120-129	and	less than 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS (consult your doctor immediately)	higher than 180	and/ or	higher than 120



Blood pressure higher than 180/120 mm HG is an **emergency**.*

*Wait a few minutes, and measure again. If still high, call your doctor immediately.

Doctor Name: _____

Phone Number: _____

