



BLOOD PRESSURE MEASUREMENT

Don'ts & Dos

Avoid Taking Your Blood Pressure Under the Following Circumstances:

- Within 30 minutes of eating, exercising, bathing, smoking, or drinking coffee (and other beverages containing caffeine - it's a stimulant) or alcohol.
- While lying down.

Proper Technique:

- Sit quietly in a straight back chair for 5 minutes with feet flat on the floor
- Put wrist monitor ½" below your wrist bone. Wrap it securely around your left wrist. (Also take measurements on right arm. If blood pressure consistently widely differs between left and right, please make sure you inform your physician/healthcare provider.
- Place elbow on table or arm of chair, with palm open.
- Elevate your arm so that the monitor is at heart level.
- Do not talk while the monitor is in use. And remain still until the process ends.
- Intervals between blood pressure measurements on the same wrist should be about 5 minutes.

If measurements are high, spend those 5 minutes taking deep breaths and slowly exhaling.

Blood Pressure Categories



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

©American Heart Association, 05-10580 A/20