## Measuring Blood Pressure

... the right way

## **Patients**



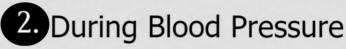
Before your appointment:

- Empty bladder and bowel
- · Sit calmly for 5 minutes

Avoid 30 minutes before:



- · Vigorous physical activity
- · Coffee, caffeinated soda (regular or diet), alcohol or smoking



**Body Position:** 

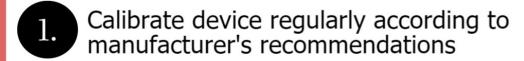
- 1. Bare upper arm supported at heart level (resting on a desk or
  - 2. Uncrossed legs
  - Both feet flat on the floor.
    - 4. Seated in a chair with back support



Do not talk!

## Providers

## Remember to:



Wash your hands



Choose the Proper Cuff Size

Arm Circumference (in.) Arm Circumference (cm) Indication Cuff Small Adult 9-10 in. Standard Adult 11-13 in.

> Large Adult 14-17 in. Adult Thigh 18-21 in.

22-26 cm

27-34 cm 35-44 cm

45-52 cm





