

Blood Pressure Measurement Instructions



1. Make sure you are relaxed, sitting in a chair with your feet flat on the floor or lying flat on the ground, your back is straight and supported, and your arm stretched out at heart level.
2. Refrain from smoking, exercise, and/or drinking caffeinated/ alcoholic beverages within 30 minutes of measurement.
3. Rest in a chair for 5 minutes with your left arm resting on a flat surface at heart level. Sit calmly and don't talk.
4. Use properly calibrated and validated instrument. Check the cuff size and fit.
5. Each time you measure, take 3 readings separated by at least 1 minute apart and record the results.
6. Aim to take readings in the early morning and again in the evening.

American Heart Association[®] Recommended Blood Pressure Levels

Normal:

<120 over <80

Elevated:

120-129 over <80

Hypertension

Stage 1:

130-139 over 80-89

Hypertension

Stage 2:

> or = 140 over 90

Hypertensive Crisis

(Consult your doctor immediately)

Higher than 180 over
Higher than 120