

# RELIABLE READINGS

There's no way to be certain you have high blood pressure unless you know your numbers. If high blood pressure isn't controlled with lifestyle changes and medicine, it can lead to stroke, heart disease, eye problems or kidney failure. Use the following steps to get the most accurate readings for blood pressure. It's important to get exact measurements in order to guide your lifestyle decisions and your healthcare provider's treatment choices.

Blood pressure higher than 180/110 mm Hg is an **EMERGENCY**. Call **9-1-1** immediately.

	<h2>Sit Quietly for 5 Minutes</h2>	<ul style="list-style-type: none"><li>• It's best to sit quietly for a few minutes. This may not be possible during clinic appointments.</li><li>• During your reading, try not to talk. In fact, no one should talk during your reading.</li></ul>
	<h2>Do Not Drink Caffeine, Alcohol, Exercise or Smoke 30 Minutes Before</h2>	<p>All these can cause a temporary increase in blood pressure.</p>
	<h2>Use the Restroom</h2>	<p>A full bladder can cause a temporary increase in blood pressure.</p>
	<h2>Use the Correct Blood Pressure Cuff Size</h2>	<ul style="list-style-type: none"><li>• A cuff that's too small or too big can lead to false high readings. Don't take blood pressure over clothing.</li><li>• Measure around your upper arm for the cuff size. Small Adult = 8.5-10 inches, Adult = 10.5-13 inches, Large Adult = 13.5-17 inches.</li></ul>
	<h2>Remember FAB! Feet Arm Back</h2>	<ul style="list-style-type: none"><li>• Have your feet flat on the floor, don't cross your legs.</li><li>• Palm facing upwards, your arm should be supported on a flat surface with the upper arm at heart level.</li><li>• Sit up straight with your back supported, on a dining chair, rather than a sofa.</li></ul>

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James, P.A., Oparil, S., Carter, B.L., et al. (2013). 2014 Evidence-based guideline for the management of high blood pressure in adults report from the panel members appointed to the Eighth Joint National Committee (JNC8), *JAMA*; *The JAMA Network*, Retrieved on October 17, 2014, at <http://jnc8.jamanetwork.com/>

Pickering, T.G., Hall, J.E., Appel, L.J., et al. (2005). Recommendations for blood pressure measurement in humans and experimental animals: Part 1: Blood pressure measurement in humans: A statement for professionals from the subcommittee of professional and public education of the American Heart Association council on high blood pressure research. *Circulation*, 111(5), pp.697 - 716.

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