



GENERAL GUIDELINES ON HOW TO MEASURE BLOOD PRESSURE

- Rest and relax for 5 minutes without distractions (e.g. TV) before measuring.
- DO NOT measure when you are uncomfortable, anxious, stressed, or in pain.
- Wait at least 2 hours after a big meal.
- Wait at least half an hour after drinking coffee, smoking, or exercise.
- If necessary, empty your bladder and bowel before taking a reading.
- Place the cuff on your bare arm. DO NOT use a wrist monitor.
- Sit in a chair that supports your back with a beside a table that supports your arm.
- Place your arm such that it rests at heart level, use a pillow or towel for support if necessary.
- Keep your feet and ankles on the floor. DO NOT cross your legs.

RECORD your top number, (SYSTOLIC blood pressure), and the bottom number, (DIASTOLIC blood pressure). Also record your pulse rate OR heart rate.

Best wishes for a normal and safe blood pressure

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