



GUIDELINES ON HOW TO MEASURE YOUR BLOOD PRESSURE

Check your blood pressure twice a day, once in the morning before your blood pressure medications and once in the evening.

Record the top number also known the systolic pressure. Record the bottom number also known the diastolic pressure. Record the pulse.

Every time you check your blood pressure check it twice, one minute apart and then record both readings for, Systolic, Diastolic and Pulse.

NOW:

Sit in a quiet place and on a chair that supports your back, and beside a table that support your arm.

Remember:

- Wait at least for two hours after a big meal.
- Wait at least half an hour after drinking coffee or any caffeinated drink, smoking or exercise.
- Empty your bladder and bowel if uncomfortable before taking a reading.
- Sit in your chair, rest and relax for 5 minutes without distractions, distractions are TV, talking or checking your smart phone, before measuring.
- Do NOT measure when you are uncomfortable, cold, anxious, stressed or in pain.
- Always keep your feet on the floor and do NOT cross your legs or ankles.
- Place the arm cuff on your bare arm. Your arm should always be at heart level. Do NOT use a wrist blood pressure machines or cuff.

The Virtual Nephrologist, INC
<https://thevirtualnephrologist.com/>

revised 06212020

Intellectual property of The Virtual Nephrologist-DO NOT REPRODUCE without a written permission