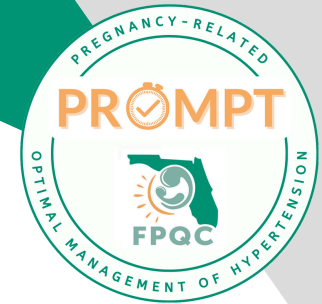


# TIPS FOR USING YOUR ARM BLOOD PRESSURE CUFF



## DO

- Empty bladder
- Sit with back supported and wait 5 minutes
- Keep legs uncrossed and flat on the floor
- Remain quiet
- Place cuff on bare skin

## DO NOT

- Talk
- Smoke
- Eat or drink
- Drink caffeine or exercise 30 minutes before taking your measurement

**Use the log on the back of this sheet to record your measurements and bring to your appointment.**



## General Instructions

*Follow the manufacturer guidelines for your device*

- Take your measurements at the same time every day.
- Place the cuff a little above your elbow bend
- Make sure the cuff is tight enough to touch your skin without any gaps.
- Rest your elbow on a table so the cuff is level with your heart. Keep your palm facing up.
- If you need to take another measurement, wait 5 minutes before trying again.

Systolic BP (top number)		Diastolic BP (bottom number)	
140 to 159	or	90 to 109	Call your healthcare provider
160 or higher	or	110 or higher	Seek immediate medical care

# ARM BLOOD PRESSURE CUFF LOG



*Take two readings a day: one in the morning and one in the evening, or as advised by your healthcare provider. Record all results below.*

Date	Time (AM/PM)	Blood Pressure: Systolic/Diastolic	Heart Rate (Pulse)