

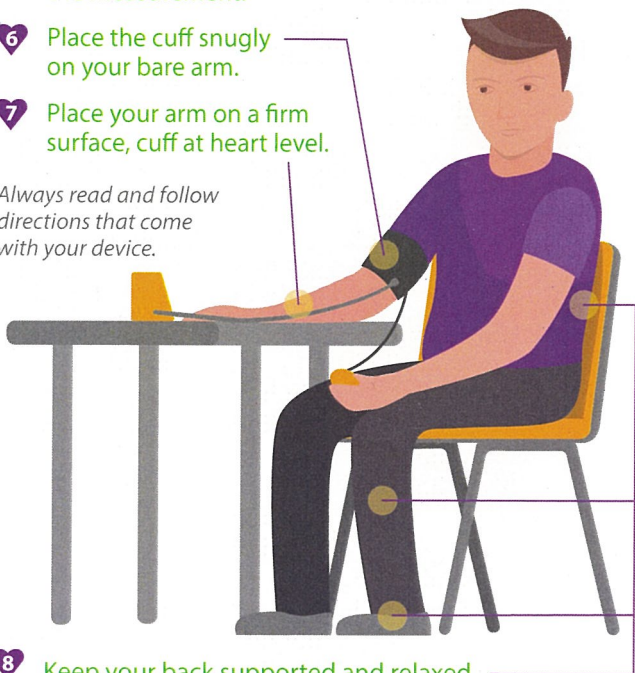
Checking Your Blood Pressure

At home

- 1 At least 30 minutes prior to taking the measurement, do not smoke, exercise, or have caffeine.
- 2 Empty your bladder.
- 3 Sit quietly for five minutes before measuring.
- 4 Use appropriate cuff size. If two sizes fit, use the larger.
- 5 Keep still and do not talk during the measurement.
- 6 Place the cuff snugly on your bare arm.
- 7 Place your arm on a firm surface, cuff at heart level.

Arm Circumference	Cuff Size
22 - 26 cm / 8.7 - 10.2"	12 x 22 cm (sm. adult)
27 - 34 cm / 10.6 - 13.4"	16 x 30 cm (adult)
35 - 44 cm / 13.8 - 17.3"	16 x 36 cm (lg. adult)
45 - 52 cm / 17.7 - 20.5"	16 - 42 cm (adult thigh)

Always read and follow directions that come with your device.



- 8 Keep your back supported and relaxed, legs uncrossed, feet flat on the floor.



Maine Center for Disease
Control and Prevention

An Office of the
Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

Choosing your device

- Buy a validated, easy-to-use device.
- An upper arm cuff is recommended (choose a properly sized cuff).
- Wrist and finger devices are not as accurate.
- Bring to your doctor's office to test for accuracy.
- Share the results with your doctor.
- Take measurements per your doctor's instructions.

Helpful tips

- Measure and record self-measured blood pressure readings on a regular basis as determined by your doctor.
- Regularly communicate readings to your doctor.
- Understand how lifestyle habits affect hypertension, specifically smoking, diet and exercise.
- Report medication side effects as well as any reasons why medication is not being taken as prescribed.
- Learn the proper technique and positioning for self-measured blood pressure.
- Ask any questions in order to further understand blood pressure control.