

Checking your blood pressure at home

Avoid eating, exercise or taking medication before your reading. Don't drink caffeine or smoke for 30 minutes before your reading, as these can temporarily raise blood pressure.

Empty bladder first.

Sit quietly for 5 minutes before taking your reading. Be still and silent whilst the reading is taken – talking and moving both affect accuracy.

Measure your blood pressure at the same time every day, when it is convenient for you. Each time you measure your blood pressure, take three measurements, 1-2 minutes apart.

Use a cuff that fits the top half of your arm properly. Sit in a relaxed position and place the cuff on bare skin, or over thin fabric. The cuff should be at heart level.

It's important that you only use validated machines. Finger and/or wrist blood pressure devices are not recommended.

Sit with both feet flat on the ground, and your back and arm supported.



Learn more at
[bloodpressureuk.org](https://www.bloodpressureuk.org)
#KnowYourNumbers



**Blood Pressure
UK**

Helping you to lower your
blood pressure