

# MEASURING BLOOD PRESSURE THE RIGHT WAY

## PREPARATION

- Patient should not exercise in the preceding 30 minutes
- Patient should not drink coffee, eat food, smoke or take a decongestant in the preceding hour
- Ask patient to empty their bladder and bowel
- Seat patient in a calm and warm environment
- Allow patient to sit calmly for 5 minutes prior to measurement

## WHILE TAKING BLOOD PRESSURE

- 1 Seat the patient
- 2 Ask patient not to speak
- 3 Ensure patient's back is supported
- 4 Ensure patient's legs are uncrossed
- 5 Ensure patient's feet are flat on the floor
- 6 Ensure patient's arm is supported
- 7 Place the cuff mid-arm at heart level
- 8 Place bottom of cuff 3 cm from the fold of the elbow on bare arm

## HOME BP MEASUREMENT

- Measure twice in the morning and twice in the evening for 7 days
- Discard measurements for day 1
- Average the numbers

### TARGET VALUE:

< 135/85 mmHg

## OFFICE BP MEASUREMENT

- Take two measurements; same arm, same position
- Average the numbers
- Do not round the numbers

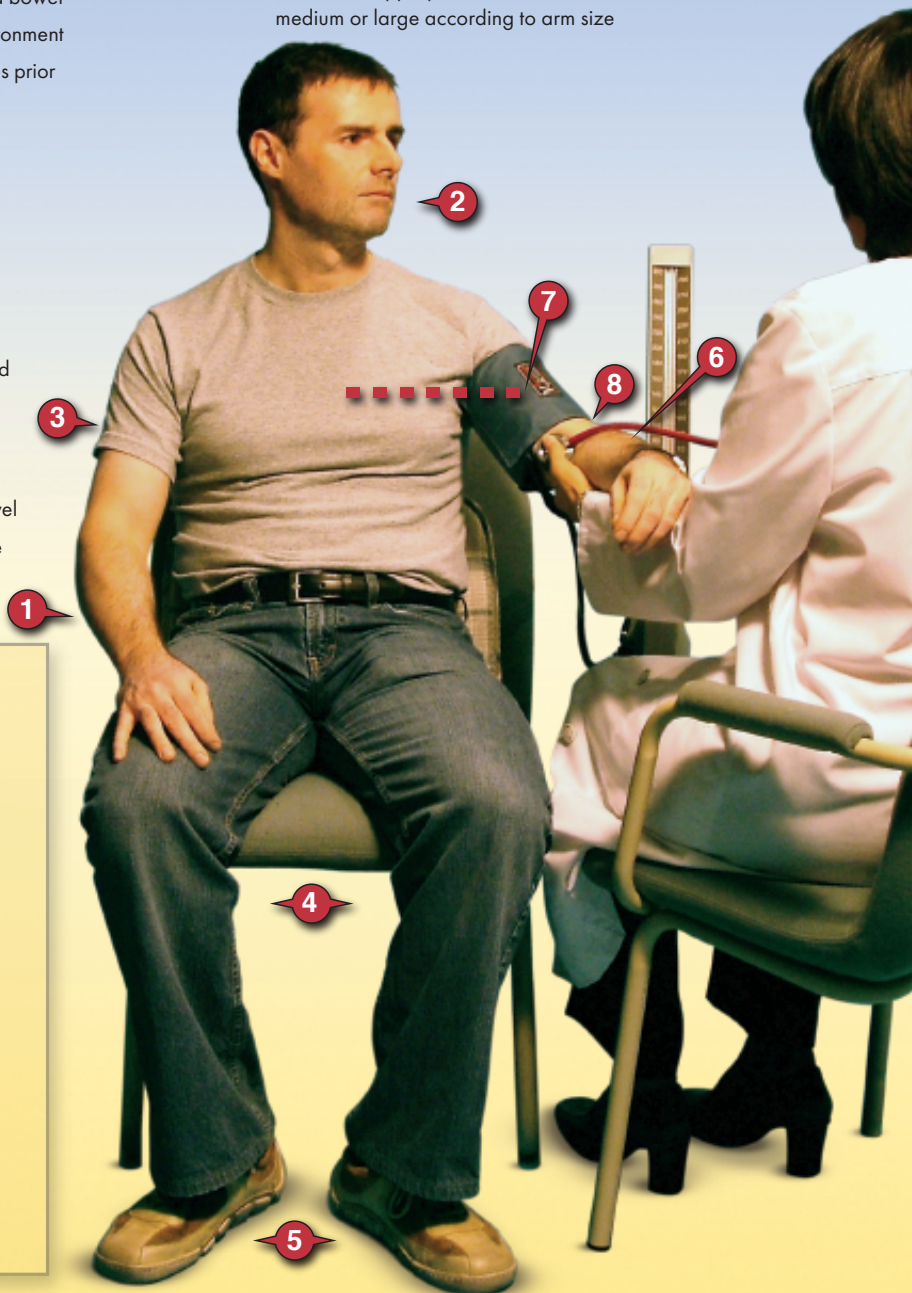
### TARGET VALUES:

< 140/90 mmHg

< 130/80 mmHg diabetes

## DEVICE

- Ensure that the device is validated ([www.hypertension.ca](http://www.hypertension.ca)) and regularly calibrated according to manufacturers' recommendations
- Ensure that appropriate cuff sizes are available: small, medium or large according to arm size



Endorsed by:



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