

Take Your Blood Pressure

If you have high blood pressure or are at risk for developing it, your healthcare provider may ask you to take your blood pressure at home on a regular basis. Monitoring at home, in a relaxed setting, can help you and your doctor get an accurate picture of how well your medications, food choices and physical activity are working to control your blood pressure.

Try it now. Step 1. Find a quiet place to sit with your back fully supported. Step 2. Rest your arm on a table or the arm of a chair and keep your feet flat on the floor. Don't cross your legs or ankles. Step 3. Place the bottom of the blood pressure cuff at the bottom of your bare, upper arm, right at your elbow. Step 4. Sit still for 5 minutes and relax. Step 5. Take your blood pressure and write down the results displayed on the monitor. Wait one minute and repeat these steps again.

Take your blood pressure at the same time each day and take 2 or 3 readings at a time so you can give your doctor an accurate picture of your blood pressure levels. Let's try that again. Sit in a quiet place with your back supported. Rest your arm on a table or the arm of a chair. Keep your feet flat on the floor. Place the cuff at the bottom of your bare, upper arm, right at your elbow. Rest for 5 minutes before taking your reading. Take your blood pressure and record your results. Repeat after 1 minute.

Checking your blood pressure at home on a regular basis is an important step to managing your overall health. Contact your doctor if you notice any increases in your blood pressure and know when to call in case of an emergency.