

Step-by-Step: Checking Your Blood Pressure

Checking Your Blood Pressure. Sit down and rest for five minutes. Place your forearm on a flat surface with the palm of your hand facing up.

Make sure you are wearing a sleeveless shirt or roll your sleeves up. Pull the blood pressure cuff up over your bicep.

Tighten the blood pressure cuff around your arm. Turn the blood pressure monitor on. Press the start button on the blood pressure monitor.

Read the systolic millimeters of mercury and diastolic millimeters of mercury levels on the monitor. Record both numbers onto a sheet of paper.

Sit down and rest for one minute. Repeat steps two through eight, one more time.

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