



## **GUIDELINES ON HOW TO MEASURE YOUR BLOOD PRESSURE**

Check your blood pressure twice a day, once in the morning before taking your blood pressure medications and once in the evening. It is essential to record both the top number, known as **SYSTOLIC PRESSURE**, and the bottom number, also known as the **DIASTOLIC PRESSURE**. Please record your **PULSE** too.

### **TO TAKE AN ACCURATE READING:**

- Find a quiet place and sit on a chair that supports your back and sit beside a table that supports your arm.
- Remember to wait for at least two hours after a big meal, half an hour after drinking coffee or any caffeinated drink, smoking or exercise, before taking a reading.

### **BEFORE TAKING A READING:**

- Empty your bladder and/or bowel if you are uncomfortable.
- Sit in your chair, rest and relax for at least 5 minutes without distractions.
- Avoid watching TV, talking, or checking your smart phone during that period.
- Avoid taking readings when you are uncomfortable, cold, anxious, or in pain.
- Always keep your feet on the floor and avoid crossing your legs or ankles.

### **CHECK YOUR BLOOD PRESSURE:**

- Place the arm cuff on your bare arm and ensure that your arm is always at heart level.
- Do NOT use a wrist blood pressure machine or cuff.

**FOR EVERY READING...REMEMBER To check your blood pressure TWICE, few minutes apart, every time you measure your blood pressure and record both readings for systolic pressure, diastolic pressure, and the pulse.**

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