How to get an accurate blood pressure measurement

Regularly testing your blood pressure is an important part of getting your hypertension under control. Keep these tips in mind when testing to be sure your readings are accurate:

**TIP #1**
Don’t talk during the measurement. Talking during a test can add up to 10 points to your reading.

**TIP #2**
Place the cuff on your bare skin, half an inch above the bend in your elbow. Having clothing between the cuff and your skin can add up to 50mmHg to a reading.

**TIP #3**
Keep your feet flat on the floor and your legs uncrossed. Crossing your legs squeezes your veins, which can raise your reading.

**TIP #4**
Don’t drink caffeine or smoke within 30 minutes of a test. Caffeine and nicotine can both raise your blood pressure.

**TIP #5**
Support your arm on a table or other hard, flat surface & keep the cuff level with your heart. If the cuff is too high, the reading will be artificially low. If the cuff is too low, your reading will be artificially high.

Call us at 530.429.2427