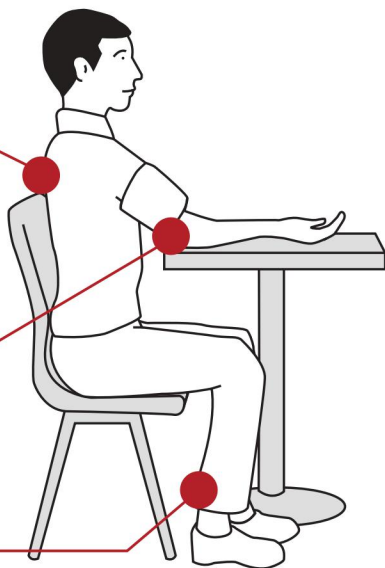


# BLOOD PRESSURE MEASUREMENT



## When you measure your blood pressure:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Apply cuff according to manufacturer's instructions
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Hypertension  
CANADA

## When should I take the readings?

- ✓ Before breakfast and 2 hours after dinner
- ✓ Before taking your medication
- ✓ After emptying bladder and bowel if needed
- ✓ After a 5 minute rest
- ✓ No tobacco, no caffeine in the hour before
- ✓ No exercise 30 minutes before

## What device should I use?

- ✓ Electronic device that is validated as accurate
  - See Hypertension Canada's Recommended devices at [hypertension.ca](http://hypertension.ca)
  - Ask your pharmacist for an appropriate cuff size
  - Devices that carry the logos below



Recommended by  
Recommandé par  
**Hypertension Canada**  
Gold | Or



Recommended by  
Recommandé par  
**Hypertension Canada**  
Silver | Argent



## What is my target?

/  mmHG

systolic

diastolic

[hypertension.ca](http://hypertension.ca)