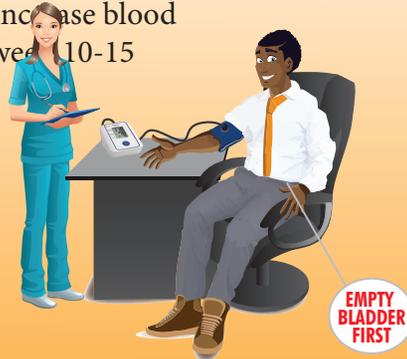


1 The patient should be resting for 3-5 minutes before taking their blood pressure. Activities such as exercise or eating can affect your blood pressure measurement 10 to 20 mmHg.



The patient should empty their bladder before taking their blood pressure. Blood pressure is lower when the bladder is empty. A full bladder can increase blood pressure between 10-15 mmHg.



3 The patient should not consume alcohol or caffeine (sodas, coffee, tea), or smoke at least a half an hour before having their blood pressure taken. These cause a spike in blood pressure by approximately 1 mmHg for each 10 g alcohol consumed.



The arm should be supported. According to BMJ 2001, if the arm in which the measurement is being taken is unsupported, the diastolic blood pressure may be raised by as much as 10%.



5 Blood pressure cuff size impacts pressure reading results. If the cuff is the wrong size, it could give a reading that is too high or too low. To avoid this, the air bladder inside the cuff should fit around at least 80% of the arm but not more than 100%.

* If the cuff is too small, and less than 80% of the arm is covered by the air bladder, then the cuff may not be able to completely close off the blood vessels. In this case, the bladder will inflate too much and the monitor will give a higher reading than it should.



* If the cuff is too large, and the air bladder in the cuff overlaps (covers more

than 100% of the arm), then the cuff will inflate on itself. This means that it will cut off the blood supply too easily and the monitor will give a lower reading than it should.

Blood pressure should not be taken with the cuff over tight clothing to avoid the tourniquet effect.



7 Back should be supported. If your back is not supported, your diastolic blood pressure measurement may be increased by 6 mmHg.



Sit with legs uncrossed. Leg crossing at the knee during blood pressure measurement increased systolic blood pressure significantly by 6.7mmHg in the hypertensives, 7.9 mmHg in the treated diabetics. Diastolic blood pressure increased by 2.3 mmHg in the hypertensives and 1.7 mmHg for the treated diabetics. Normotensive participants showed a smaller, though significant, increase of systolic blood pressure 2.7mmHg.

8



Ensure that the patient is not cold, as blood pressure tends to increase when you are cold. Therefore, if you are at the doctor's office and the room temperature is "chilly" to you, be aware that your blood pressure readings may be higher than expected.

10



The patient should be quiet while taking blood pressure as studies have shown that talking while having your blood pressure taken, may increase systolic blood pressure measurement by 10 to 15mmHg.

9



For More information please contact
(Please insert contact information)

10 TIPS FOR ACCURATE BLOOD PRESSURE Readings



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the Department of Information and Public Relations