

## 6 EASY STEPS

# How to check your blood pressure

- 1** Measure BP in both arms and then regularly check the arm that has the higher reading. Ask your doctor how frequently you should check; many recommend first thing in the morning, and right before you go to sleep, so it's helpful to keep your machine bedside.
- 2** Choose a blood pressure cuff that fits your upper arm correctly.
- 3** Keep the blood pressure machine and cuff at the same level as your heart. Most BP machines will have clear instructions— be sure to read them.
- 4** Take at least two readings — one minute apart — and record the numbers on a tracking sheet each time you measure your blood pressure.
- 5** Seek medical attention if your blood pressure numbers are unusually high or very low or if you are having symptoms such as chest pain, headache or changes in vision. Systolic pressure above 180 or below 90; OR diastolic pressure above 105 or below 50 requires medical attention.
- 6** Take your blood pressure machine to your doctor's office or pharmacy to ensure the readings are accurate and to confirm you are measuring your blood pressure correctly. A difference in readings of 10mmHg or greater could suggest that your machine needs to be checked for malfunction or might mean the batteries need to be replaced.

### Before the test!

- Don't drink coffee or smoke cigarettes for 30 minutes prior to the test.
- Go to the bathroom before the test.
- Make sure you do not have tight clothing around your arm.
- Sit for 5 minutes before the test.

### Target numbers

**Systolic** (top number): Less than **120**. Anything above 140 is considered high.

**Diastolic** (bottom number): less than **80**. Anything above 90 is high.



CardioVisual®

The Heart Health App  
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