

LET'S DO IT RIGHT TOGETHER:

How to get an accurate blood pressure reading

Positioning errors can cause inaccurate blood pressure measurements.

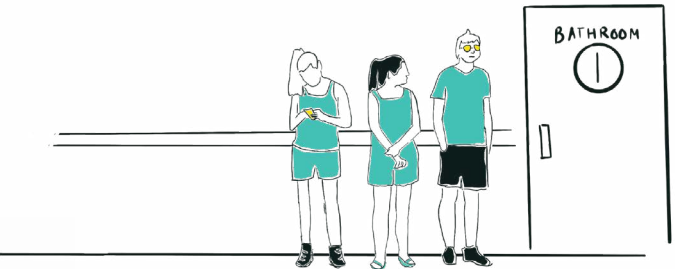
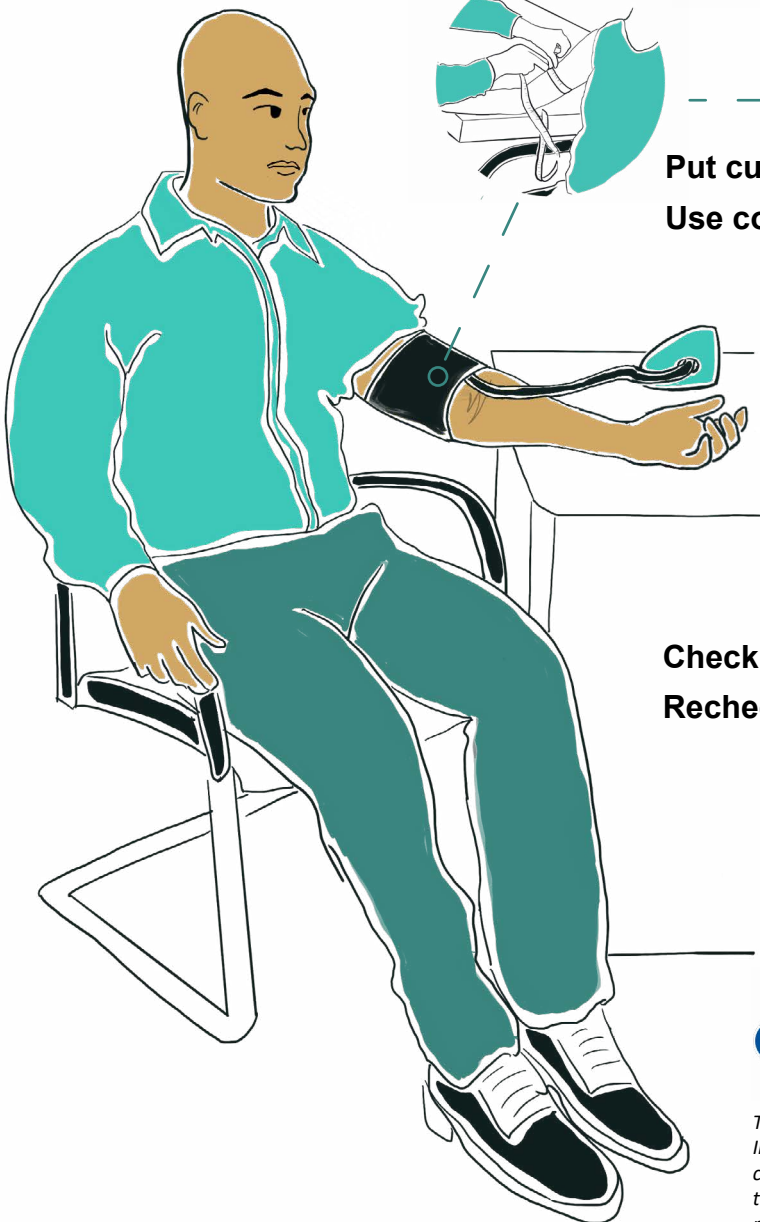
30 mins before you get started:

Empty bladder

No exercise

No caffeine

No smoking/vaping



Rest quietly for at least 5 mins

Put cuff on bare arm
Use correct cuff size

Don't have a conversation
Support back & feet
Keep legs uncrossed
Support arm at heart-level

Check blood pressure
Recheck in 1-2 mins



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