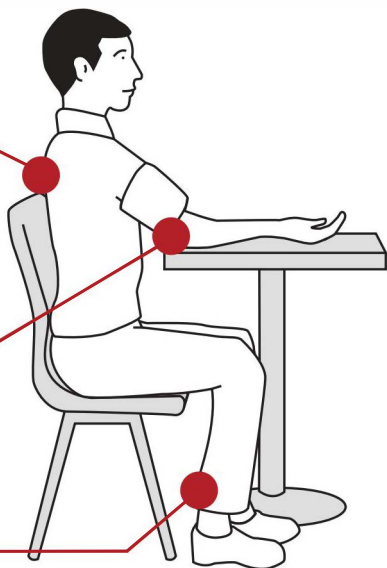


BLOOD PRESSURE MEASUREMENT



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



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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?

- ✓ A validated blood pressure device
 - See Hypertension Canada's recommended devices at <https://hypertension.ca/public/recommended-devices>
 - Ask your pharmacist for an appropriate cuff size
 - It is important to use validated devices that meet the highest and current international standards (AAMI/ISO/ESH 2018). Devices that carry the logo below meet these standards. To see our list of validated devices, scan this QR code.



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What is my target?



/



mmHG

systolic

diastolic

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