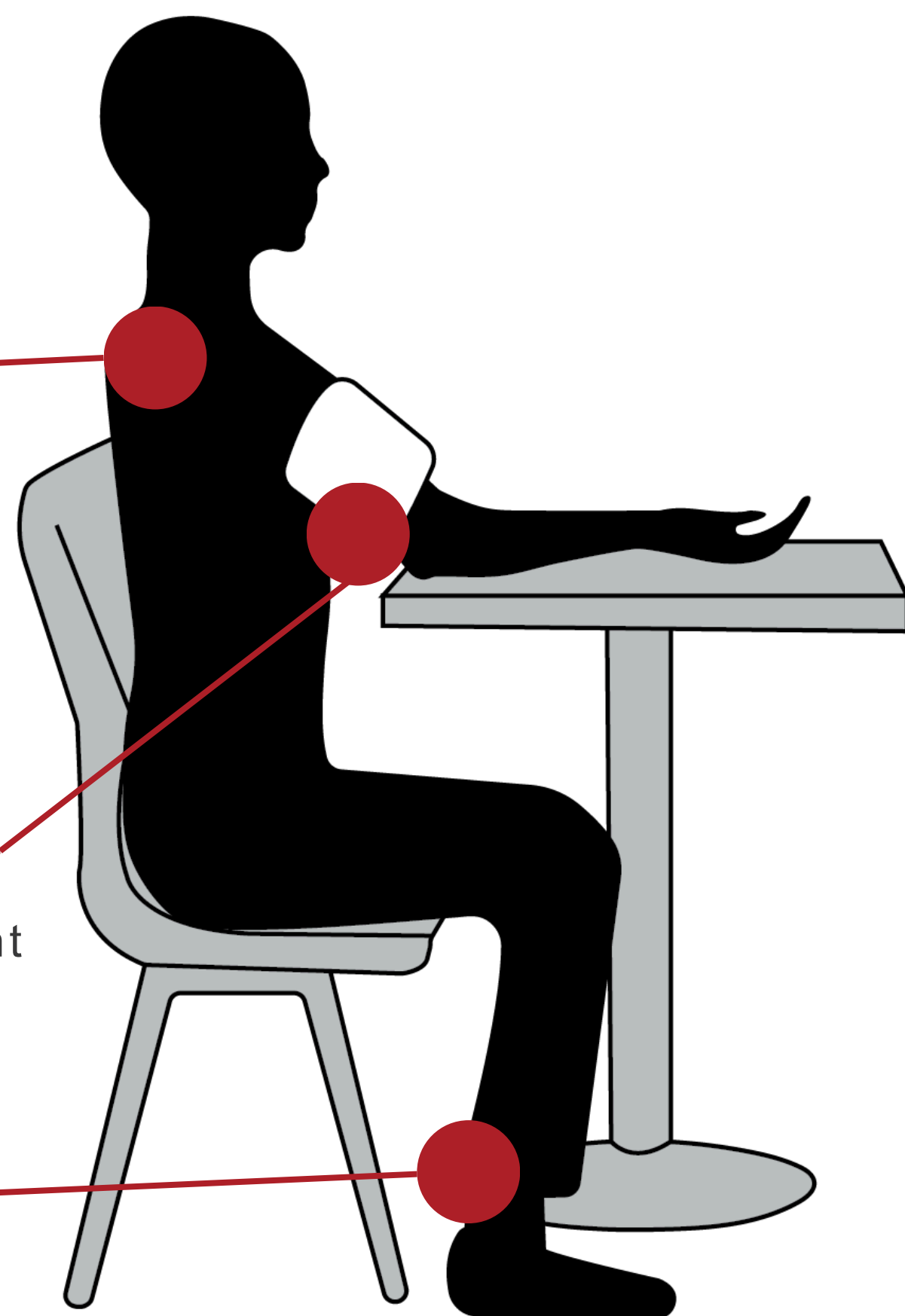


BLOOD PRESSURE MEASUREMENT

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
- ✓ Lower edge of the cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



When should I take the reading?

- ✓ Check your levels before breakfast and 2 hours after dinner
- ✓ Sit in a quite calm room and rest for 5-min
- ✓ Empty your bladder and bowel if needed
- ✓ Avoid tobacco and caffeine for 30 min before taking the test
- ✓ No exercise 30 minutes before
- ✓ Take the reading before you medication

What device should I use?

- ✓ Use a validated electronic blood pressure device
 - Look for devices with the Hypertension Canada recommended logo
 - Ask your pharmacist to help you choose the right cuff size
 - Choose a device recommended by Hypertension Canada (QR code)



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