

# The **ABCD**'s of Blood Pressure Measurement

## **A**chieve a calm state

- Make sure you are quiet and relaxed
- Sit calmly without talking for about 5 minutes
- Make sure your reading isn't affected by:  
caffeine, alcohol, exercise or smoking

## **B**ody posture is important

- Sit in a chair with feet on the floor
- Legs should not be crossed
- Arm should be bare and should be supported at heart level

## **C**alibrate & check equipment

- Use a properly calibrated and validated instrument
- Check the cuff size and fit

## **D**ouble check any high readings

- If blood pressure registers high, take two readings 5 minutes apart
- Confirm any elevated readings in the opposite arm

