

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

Achieve 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

Body 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

Calibrate & check equipment

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

Double check any high readings

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

