

tips for

TAKING YOUR BLOOD PRESSURE AT HOME



Don't Smoke or Drink Caffeine
30 minutes prior to measuring

Empty Your Bladder

Prior to taking a measurement



Rest and Relax

5 minutes prior to measuring

Sit in a Dining Chair

Instead of a sofa or recliner



Sit with Feet Flat on the Floor

Ensure back and arm are supported

Keep Your Arm at Heart Level

Use a table to help support your arm

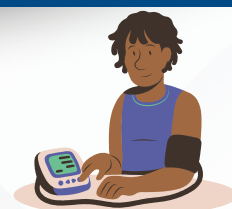


Apply Cuff to Bare Arm or Wrist

Cuff over clothing can be inaccurate

Place Arm Cuff Securely on Bicep

If you're using an arm cuff

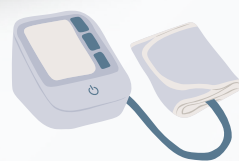


Place Wrist Cuff Where Directed

By your monitor's instruction manual

Take Multiple Measurements

One in the morning, one in the evening

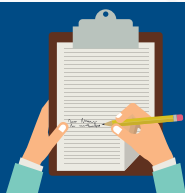


Measure Same Time Each Day

Keep the time(s) of day consistent

Try Not to Speak

While taking a measurement



Record Your Results

After each and every measurement

Provide Your Results to Your Doctor

So they can identify any issues



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