How to measure your blood pressure at home
Follow these steps for an accurate blood pressure reading

1 PREPARE

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.

Wait at least 30 minutes after a meal.

If you’re on blood pressure medication, measure your BP before you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2 POSITION

Position arm so cuff is at heart level.

Put cuff on bare arm, above elbow at mid-arm.

Keep arm supported, palm up, with muscles relaxed.

Sit with legs uncrossed.

Keep feet flat on the floor.

Keep your back supported.

3 MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

This Prepare, position, measure handout was adapted with permission of the American Medical Association and The Johns Hopkins University. The original copyrighted content can be found at https://www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources.