

How do I measure my blood pressure?

- **Measure your blood pressure daily at about the same time:**
 - Before taking blood pressure-lowering medication
 - Do not smoke or consume caffeinated drinks within half an hour before the measurement
- **Measure your blood pressure in a sitting position, with bare arm, supported and elbow bent**
- **Properly placed cuff:**
 - Right-handed people measure on the left.
 - Blood flow to the arm must not be obstructed.
 - The bottom edge of the cuff is 2 to 3 cm above the elbow crease.
 - There is no kink in the hose from the cuff.
- **Do not talk or move during the measurement**
- **Avoid measuring your blood pressure during the following times:**
 - just after getting up
 - immediately after eating
 - just before bed
 - after exertion and stress