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

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This brochure is revised on 14/09/2023 0520 6381-EN