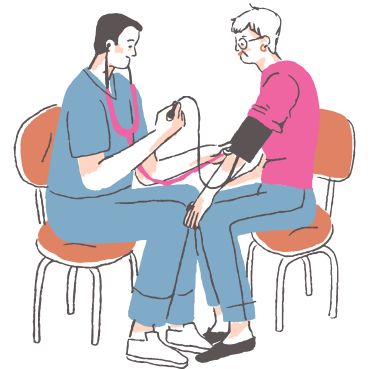




8 Steps to Ensure an Accurate Blood Pressure



Taking a BP over clothing can increase the measurement by 10-40mmHg



A full bladder adds 10 – 15mmHg



Talking can add 10 – 15mmHg



Crossed legs can add 2 – 8mmHg



An unsupported back can add 5 – 10mmHg



Unsupported feet can add 5 – 10 mmHg



Unsupported arm can add 10mmHg – If arm below heart level readings too high. If arm above heart level readings will be too low



Avoiding Caffeine, smoking and Exercise for 30 minutes before checking BP can ensure an accurate reading

