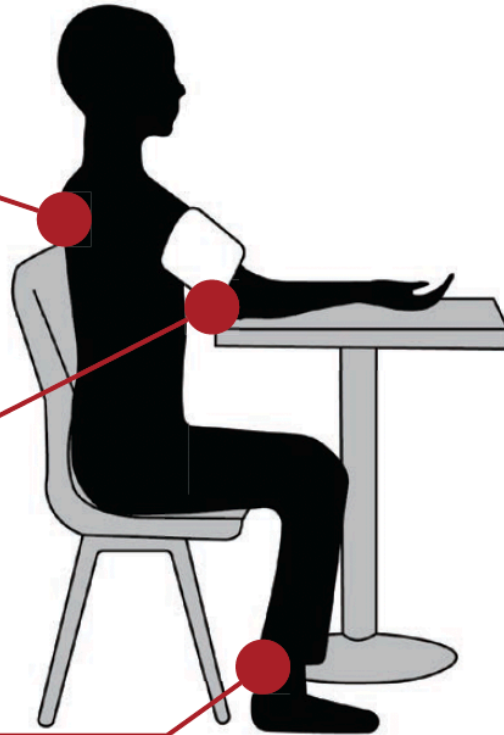


## Optimal blood pressure measuring technique:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of the cuff 3 cm above elbow crease
- ✓ Ask patient not to talk or move during rest period and between measurements
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



### Proper preparation:

- Quiet and calm room
- No caffeine, tobacco, or exercise in the 30 minutes before the measurements

### Appropriate equipment:

- Validated automated BP device (see <https://hypertension.ca/public/recommended-devices> or ask a pharmacist)
- Wide range of cuff sizes to select the appropriate size



### Standardized protocol:

- If feasible, observe a rest period of 1–5 minutes before measurements
- Measure BP 3 times at 1-minute intervals
- Average and record all values