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Dr. Oltjon Albajrami

NAME _____

[illegible]

Measuring the Blood Pressure

- Avoid caffeinated or alcoholic beverages 30 minutes beforehand.
- Sit quietly for 5 minutes with your back supported and your legs uncrossed.
- Support your arm so your elbow is at or near heart level.
- Wrap the cuff over bare skin.
- Don't talk during the measurement.
- Leave the deflated cuff in place, wait a minute, then take a second reading. If the readings are close, average them. If not, repeat again and average the three readings.
- Keep a record of your blood pressure readings, including the time of day.