## Measuring Your Blood Pressure

- 1 Have your healthcare provider make sure you have the correct blood pressure cuff size.
- 2 Demonstrate how to meaure your blood pressure correctly.
- 3 How often should you monitor your blood pressure each day?
  - **A.** Twice a day
  - **B.** Never
  - C. Whenever you feel like it
- **True or False.** It is important to avoid caffeine, tobacco, exercise and alcohol for 30 minutes before measuring your blood pressure. This is because these factors can increase your blood pressure.
- Which of the following is/are true when measuring your blood pressure?
  - **A.** Before measuring your blood pressure, sit for five minutes in a comfortable position.
  - **B.** Make sure your back is supported against a chair. (Note: Aim for a dining room chair instead of a sofa) In addition, make sure your feet are flat on the floor and your legs are not crossed.
  - **C.** Do not talk while measuring your blood pressure.
  - **D.** All of the above.