

## Hints and Tips: Monitoring Your Blood Pressure

### Before you take your blood pressure reading:

- ♥ Many things can make your blood pressure rise for a short time. Make sure you do not need to use the toilet, and that you have not just eaten a big meal. Do not measure your blood pressure within 30 minutes of drinking caffeine or smoking.
- ♥ Wear loose fitting clothes like a short sleeved t-shirt so that you can push your sleeve up comfortably.
- ♥ Always use the same arm for blood pressure readings, as each arm will give you a slightly different reading. If possible, use the arm that your doctor or nurse uses when measuring your blood pressure.
- ♥ Before you take your readings, rest for five minutes. You should be sitting down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor.
- ♥ Make sure your arm is supported and that the cuff around your arm is at the same level as your heart. You may need to support your arm with a cushion to be sure it is at the correct height. Your arm should be relaxed, not tensed.

For more help on how to measure your own Blood pressure, watch the British Heart Foundation video [here](#)

