

Know Your Numbers: Accurate Blood Pressure Monitoring at Home

WHY ACCURATE BLOOD PRESSURE READINGS MATTER

Taking your blood pressure correctly is essential for understanding your heart health and making informed decisions with your healthcare provider. Inaccurate readings can lead to unnecessary worry, missed warnings or the wrong treatment. Below you will find a bulleted list to help ensure your readings are as accurate as possible:

- + Use a validated blood pressure cuff (Check at www.validatebp.org).
- + Use the correct size of blood pressure cuff (ask provider if unsure).
- + Do not smoke, vape, drink caffeine, or exercise 30 minutes prior to taking your blood pressure.
- + Sit and relax for 5 minutes prior to taking your blood pressure. Do not watch TV, use phone, or talk.
- + Sit with both legs on the floor, uncrossed and back supported.
- + Place the blood pressure cuff on your bare arm with the bottom of the cuff at your elbow.
- + Measure blood pressure after urinating and before taking blood pressure medications.
- + Take two readings one minute apart, twice a day.
- + Record your readings to give to your provider.



Take Control of Your Health Today!

If you're concerned about your blood pressure, the OhioHealth Hypertension Clinic is here to help. Talk to your primary care doctor to see if a referral might be right for you.

OhioHealth Hypertension Clinic
3705 Olentangy River Rd, Suite 100
Columbus, OH 43214