




# How to check your Blood Pressure




## Before

-  In the **30 minutes** before you take your BP
-  **No Smoking**
-  **No Caffeine**
-  **No Exercise**
-  In the **5 minutes** before you take your BP **Sit Still**

## During

-  Make sure the cuff is the right size and in the right place
-  Sit upright, back straight, feet flat on the floor with your cuffed arm on a flat surface level with your heart
-  **Don't Talk**

## After

-  Take your **BP twice**, one minute in between
-  Keep a **log of your BP for 7 days**. Take it twice a day, morning and evening
-  Forms are available from reception

