Have your blood pressure checked properly.

BEFORE Your Blood Pressure is Measured:

- Don't drink coffee or smoke cigarettes for at least 60 minutes
- Don't exercise for at least 30 minutes
- Go to the restroom
- Sit quietly for 5 minutes before your measurement
- Ask what cuff size is appropriate for your arm

WHILE Your Blood Pressure is Measured:

- Sit with your feet flat on the floor, legs uncrossed and arm supported
- Make sure the cuff isn't placed over your clothes
- Don't talk or move while your blood pressure is being taken

AFTER Your Blood Pressure is Measured:

- Ask what your blood pressure is
- Ask what your blood pressure goal should be
- If your measurement is high, ask your healthcare provider what the next step should be

MONTANA DPHHS

Healthy People. Healthy Communities.

Department of Public Health & Human Services