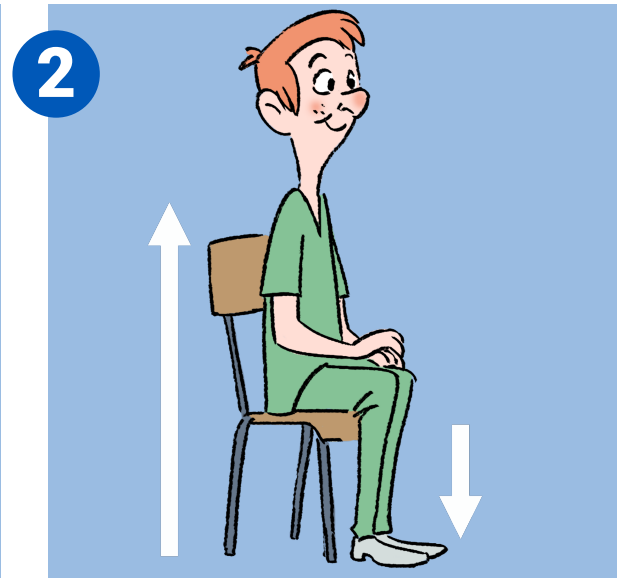


Tips for Accurate Blood Pressure Readings



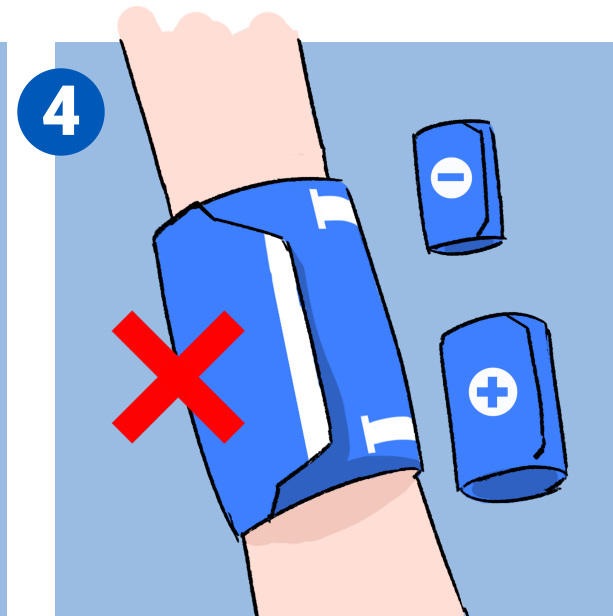
The patient should be seated for at least five minutes before taking their blood pressure



The patient should be seated with back supported and feet flat on the floor



Ask about recent caffeine intake, smoking, and bladder relief



Use the right size cuff, if the index line on the cuff is outside the range markers when it's wrapped, use the next biggest or smallest cuff



Make sure the artery marker is lined up with the brachial artery



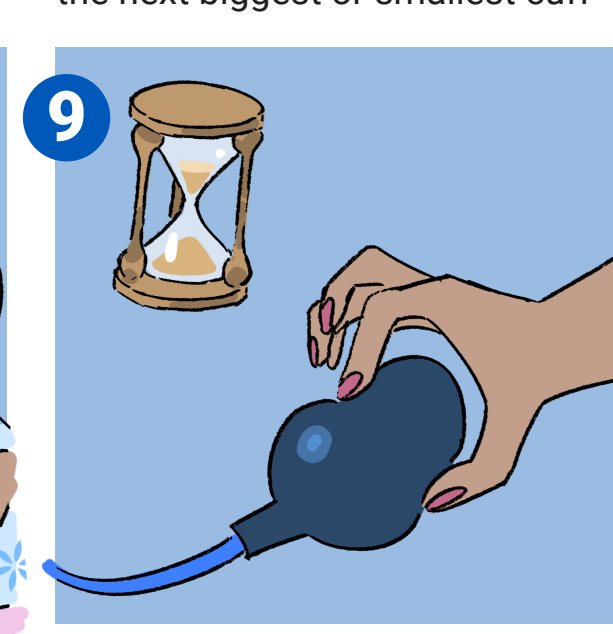
Check that the patient's arm is fully supported and at heart level



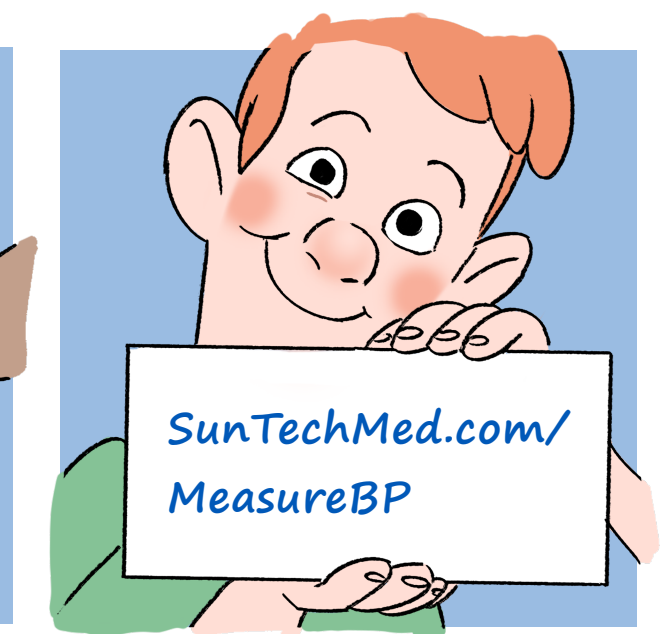
Never place the cuff over heavy clothing



Shhhhhh. No talking during the measurement



When taking the measurement, be sure to deflate slooooooowly 2-3mm per second, only!



Check out our video for more information