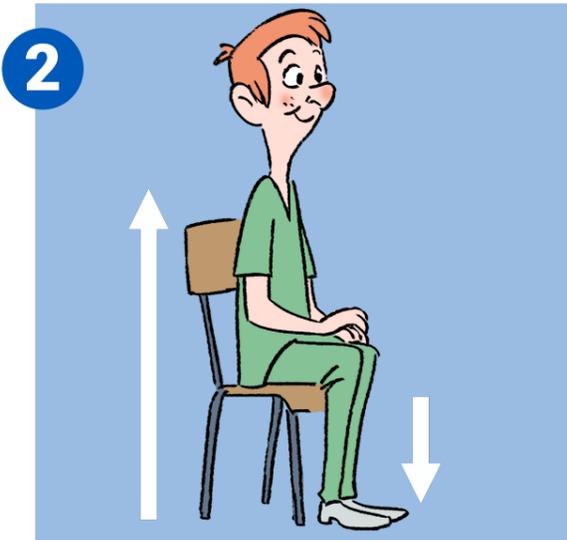


Tips for Accurate Blood Pressure Readings



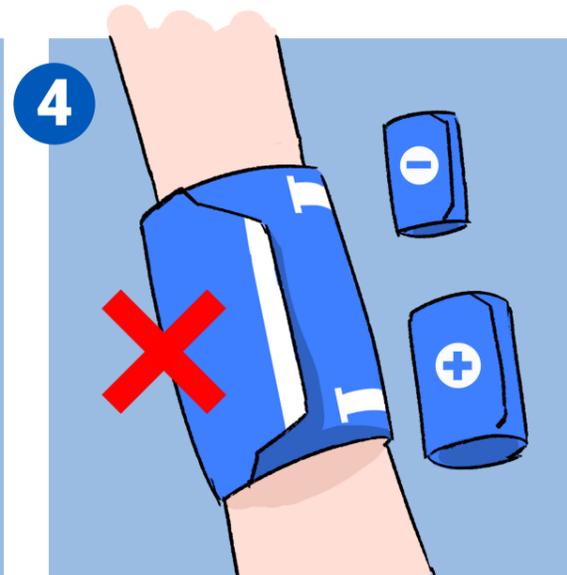
1 The patient should be seated for at least five minutes before taking their blood pressure



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



3 Ask about recent caffeine intake, smoking, and bladder relief



4 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



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



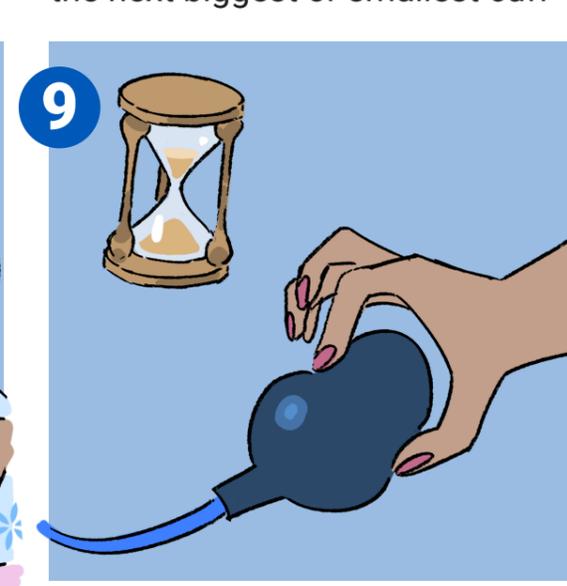
6 Check that the patient's arm is fully supported and at heart level



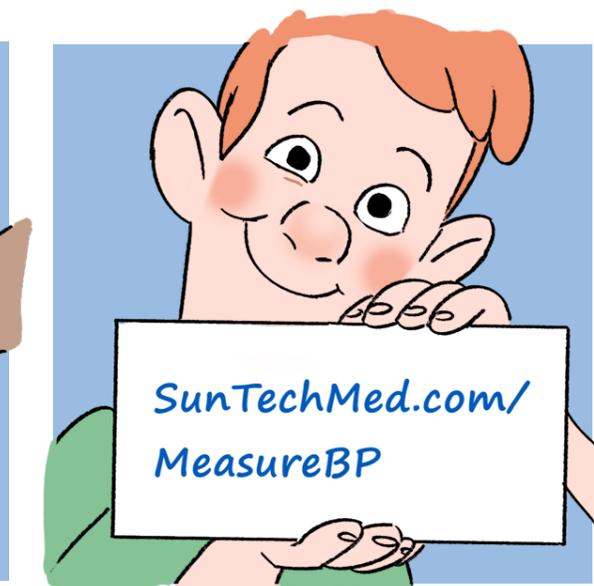
7 Never place the cuff over heavy clothing



8 Shhhhhh. No talking during the measurement



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



Check out our video for more information