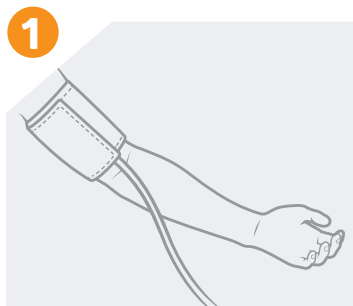


Measuring Blood Pressure

Best Practices



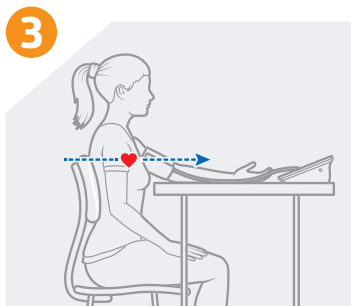
Use your non-dominant arm for the measurement.

Note: Failure to do so may vary your blood pressure measurement.^{4,9}



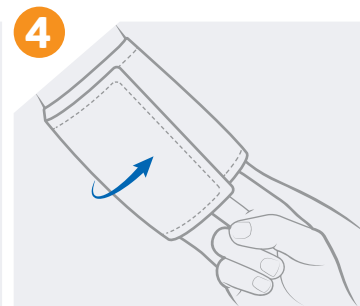
Place the cuff on bare skin only, **not** over clothing.

Note: Failure to do so may raise or lower blood pressure by 5–50 mmHg.^{1–3}



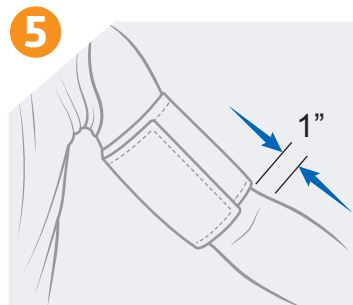
Keep your upper arm and the cuff level with your heart.

Note: Failure to do so may raise or lower blood pressure measurement by 2 mmHg for each inch above/below heart.^{2,4}



Use a properly-sized cuff. Cuff should be snug, permitting 2 fingers.

Note: Wearing too small a cuff may raise or lower blood pressure measurement by 10 mmHg.^{1–3}



Position the cuff on your upper arm so the bottom edge is about 1 inch from your elbow joint.

Note: Failure to do so may vary blood pressure measurement.¹¹



Use the bathroom or make sure you do **not** need to urinate before taking a measurement.

Note: Failure to do so may raise or lower blood pressure measurement by 10 mmHg.^{1,2}



Do **not** smoke, exercise, use tobacco, or consume alcohol or caffeine within 30 minutes of measurement.

Note: Doing any of the above within 30 minutes of a measurement may raise or lower blood pressure measurement by 6–20 mmHg.^{1,7}



Do **not** talk (even on the phone) during a measurement.

Note: Failure to do so may raise or lower blood pressure measurement by 8–15 mmHg.^{1,2,6}



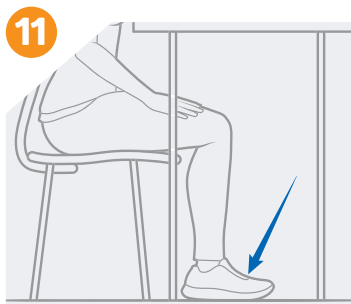
For most accurate results, take at least 2 measurements and find the average value of the measurements.

Note: Single measurements may be inaccurate as the first measurement may be higher than subsequent measurements.^{4,2}



Wait 5 minutes between measurements.

Note: Failure to wait 5 minutes between measurements may result in higher values for the first measurement.⁴



Place your feet flat on the ground and do **not** cross your legs.

Note: Failure to do so may raise blood pressure measurement by about 6 mmHg.^{2,5}



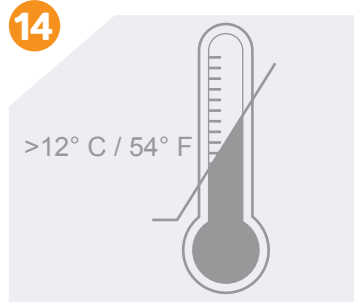
Sit comfortably with your back supported and your other arm relaxed and at your side.

Note: Failure to do so may raise or lower blood pressure measurement by 6–10 mmHg.^{1,2}

Following steps on other side.



Remain calm when taking a measurement.
Note: Feeling anxious during a measurement may raise or lower blood pressure measurement by 10 mmHg.^{1,8}



Take measurements in a normal temperature room (warmer than 54°F/12°C).
Note: Failure to do so may raise blood pressure measurement by 8–15 mmHg.⁶



Be aware of medications you take. Ask your doctor for more information.
Note: Failure to do so may result in inaccurate measurements. Results can skew high or low, depending on the medication.



Take measurements when you are **not** experiencing any pain.
Note: Failure to do so may raise or lower blood pressure measurement by 10–20 mmHg.⁹

Additional factors

- For most accurate results, try to take daily measurements and take measurements at the same time and under the same conditions
- Be aware that measurements can vary depending on if taken at home or taken in a clinical setting

Medline Blood Pressure Cuff Size

Item No.	Size	Measurement Range
MDS9971	Adult	22–30 cm
MDS9972	Large Adult	30–42 cm
MDS9973	X-Large Adult	42–48 cm
MDS9974	Universal	22–42 cm

- Please confirm your blood pressure monitor model before ordering a different-sized cuff.

Learn more. Contact a Medline Representative, call 1-800-MEDLINE, or go to [medline.com](https://www.medline.com) for details.

What the numbers mean¹⁰

BP Classification	Systolic (mmHg)	Diastolic (mmHg)
Optimal	Less than 120	Less than 80
Normal	120–129	80–84
High – Normal	130–139	85–89
Hypertension – Stage 1	140–159	90–99
Hypertension – Stage 2	160–179	100–109
Hypertension – Stage 3	180 or higher	110 or higher

Please ask your doctor what your optimal BP should be.

Compatibility

Cuff	Adult (22–30 cm)	Large Adult (30–42 cm)	XL Adult (42–48 cm)	Universal (22–42 cm)
Monitor				
MDS1001	•	•		•
MDS3001	•	•	•	•
MDS4001	•	•		•
MDS5001	•	•		•

References: **1.** Handler J. The importance of accurate blood pressure measurement. Perm J 2009;13:51–4. **2.** Avoid these common blood pressure measuring mistakes. Harvard Health Publishing; 2019. Accessed from: <https://www.health.harvard.edu/heart-health/avoid-these-common-blood-pressure-measuring-mistakes> on 8/1/2020. **3.** Foley A, Branson S, MacPherson-Dias R, et al. Emergency Nurses Association Clinical Practice Guideline: Non-Invasive Blood Pressure Measurement. Emergency Nurses Association; 2018. **4.** Pickering TG, Hall JE, Appel LJ, et al. Recommendations for blood pressure measurement in humans and experimental animals: Part 1: blood pressure measurement in humans: a statement for professionals from the Subcommittee of Professional and Public Education of the American Heart Association Council on High Blood Pressure Research. Hypertension 2005;45:14261. **5.** van Groningen LFJ, Adiyaman A, Elving L, Thien T, Lenders JWM, Deinum I. Which physiological mechanism is responsible for the increase in blood pressure during leg crossing? Journal of Hypertension 2007;26:433–7. **6.** Thomas G, Pohl M. Blood pressure measurement in the diagnosis and management of hypertension in adults. UpToDate Wolters Kluwer; 2019. **7.** AHA. BP Raisers. American Heart Association, Inc.; 2018. Accessed from: <https://www.heart.org/-/media/files/health-topics/high-blood-pressure/tylenol-hbp/bp-raisers.pdf?la=en> on 8/1/2020. **8.** Townsend R, Cohen J. Out-of-office blood pressure measurement Ambulatory and self-measured blood pressure monitoring. UpToDate: Wolters Kluwer; 2020. **9.** O'Brien E, Asmar R, Beilin L, et al. European Society of Hypertension recommendations for conventional, ambulatory and home blood pressure measurement. J Hypertens 2003;21:821–48. **10.** Table adopted from the World Health Organization (WHO) and the International Society of Hypertension (ISH) **11.** Medline MDS4001 Automatic Wrist Blood Pressure Monitor User Guide