

Getting Ready For Your Appointment

Having your blood pressure taken is easy. Here are a few tips to get ready for your appointment.

- ✓ Take your blood pressure medicines on the day of your appointment, unless you are specifically told not to by your provider.
- ✓ Avoid drinking coffee or caffeinated beverages for at least 30 minutes before your appointment.
- ✓ Don't smoke for at least 30 minutes before your appointment.
- ✓ Avoid vigorous activity for at least 30 minutes before your appointment.
- ✓ Wear short sleeves.
- ✓ Go to the bathroom and empty your bladder before your blood pressure is taken.
- ✓ Sit and relax with your feet on the floor and with your back supported for at least 5 minutes before your blood pressure is taken.
- ✓ Don't talk while your blood pressure is being taken.
- ✓ If you take your blood pressure at home, keep a log and write it down. Take your blood pressure log to your appointment. If you don't have a log, ask your primary care team for one.
- ✓ Bring your home blood pressure machine with you to your appointment. Have your team nurse/provider make certain that you are using it correctly.
- ✓ Ask your nurse or provider what your blood pressure numbers are.
- ✓ Ask your nurse or provider what your blood pressure goal is.