

Getting Ready For Your Blood Pressure Check

Having your blood pressure checked is easy. Here are a few tips to help you.

- ✓ Take your blood pressure medicines on the day of your appointment, unless your provider says not to take them.
- ✓ Don't drink coffee or beverages with caffeine (tea, cola) 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 checked.
- ✓ Sit and relax with your feet on the floor and with your back supported for at least 5 minutes before your blood pressure is checked.
- ✓ Don't talk while your blood pressure is being checked.
- ✓ If you check your blood pressure at home, keep a log and write it down. Bring 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 or provider make sure you're using it correctly.
- ✓ Ask your nurse or provider what your blood pressure numbers are, and what they should be.