

HOW TO MEASURE YOUR BLOOD PRESSURE



Please register your blood pressure cuff and monitor

Using a mobile device camera, scan the square and open the link to answer a short survey.

→ BEFORE you take your blood pressure

- ◆ 30 minutes before
 - Do NOT smoke, eat, take medicine, have caffeine, or exercise.
- ◆ 5 minutes before
 - Go to the bathroom and empty your bladder
 - Sit in a comfortable chair with your back supported. Stayed seated for 3-5 minutes before you take your blood pressure.



→ TO TAKE your blood pressure

- ◆ Rest your feet flat on the floor or on a stepstool. Do not cross your legs.
- ◆ Rest your arm on the table, so it is at chest height as shown on the picture here.
- ◆ Wrap the blood pressure cuff around your arm so that the bottom of the cuff is above your elbow.
- ◆ Press START and allow the cuff to inflate and deflate.

→ REMEMBER

- ◆ The cuff should be against your bare skin, not over clothing.
- ◆ Do not talk while reading your blood pressure. Try to stay relaxed and breathe normally.
- ◆ The cuff should feel snug but not too tight. You should be able to fit 2 fingers under the cuff's edge.
- ◆ **Take readings 2 times a day**, easiest to do when you wake up and before bed.



Access the Preeclampsia Foundation's Video¹ on "How to Take Your Blood Pressure"

<https://youtu.be/p9UEDv6nvwUB?t=56>

WHAT DO YOUR RESULTS MEAN?²



If your blood pressure looks elevated, the measurement should be repeated after several minutes. If either of your numbers are still out of the normal range, consult your healthcare professional or seek immediate medical care, **do NOT wait for a scheduled appointment.**

¹ Preeclampsia Foundation. (2020). How to Take Your Blood Pressure. [Video].

YouTube. <https://youtu.be/p9UEDv6nvwUB?t=56>

² Preeclampsia Foundation. (2020). "Check, Know, Share" Infographic.

[https://preeclampsia.org/public/frontend/assets/img/gallery/PFinfographic%20\(1\).aiFINAL%20\(2\).pdf](https://preeclampsia.org/public/frontend/assets/img/gallery/PFinfographic%20(1).aiFINAL%20(2).pdf)



Maryland Maternal Health Innovation Program