

How do I measure the blood pressure correctly at the medical practice?

Procedure:

- Patients should avoid smoking or drinking alcohol, as well as coffee, tea or energy drink at least 30 minutes before blood pressure measurement
- Measurements should be done in a quiet place after 5 minutes rest
- Patients position should be comfortable, the back leaned, the arm resting on a proper support
- Choose a proper blood pressure cuff (use a larger cuff if arm circumference is more than 33 cm)
- Blood pressure should be measured when bladder is empty
- Legs shouldn't be crossed
- During measurements: don't move, speak or laugh
- Two measurements should be done after a rest time of 1-2 minutes.
- The value of the second measurement or the mean of 3 measurements should be recorded