TIPS FOR GETTING AN ACCURATE BLOOD PRESSURE READING

- **Heavy Clothes** may change your BP reading.
- **Avoid Heavy Meals** before a BP check.
- **Some Rx Meds** may alter your BP reading.
- **Avoid Caffeinated Drinks** as they may raise your BP.
- **Avoid Smoking**.
- **Exercise** is good, but may elevate your BP.
- **Use the Bathroom** before taking your BP.

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