

# 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.

## EXERCISE

IS GOOD, BUT MAY ELEVATE YOUR BP.



## AVOID SMOKING.



## USE THE BATHROOM

BEFORE TAKING YOUR BP.