



Home Blood Pressure Monitoring PROTOCOLS

Proper steps for accurate blood pressure reading

1. Rest 5 minutes with your feet flat on the floor and your back supported before taking blood pressure.
2. Do not take your blood pressure within 30 minutes after a meal, exercising, bathing, smoking, or drinking caffeine.
3. Do not take your blood pressure while or after drinking alcohol.
4. Take your blood pressure before eating, not after.
5. Do not cross your legs while taking blood pressure.
6. Elevate your arm to heart level on table while taking blood pressure.
7. Make sure the bottom edge of the cuff is 1/2 inch above the crease of your arm.
8. Do not talk while the blood pressure machine is measuring your blood pressure.
9. Focus on deep breathing for 2-3 minutes prior to screen.
10. If BP is >140/90, rest for 2-3 minutes, focus on deep breathing. Then repeat screen. Repeat process again if >140/90. Complete up to 3 BP readings.

DEEP BREATHING EXERCISES

Complete Natural Breathing before Checking Blood Pressure

1. Sit with good posture, knees bent with feet flat on floor. Relax your shoulders and neck.
2. Take deep, slow breath through your nose.
3. Notice your stomach expand as the air flows downward.
4. Hold your breath for a few seconds.
5. Exhale slowly through your mouth. Relax your abdomen and chest.



6. **Repeat 3-5x or until you feel sense of relaxation.**

Evidence-based lifestyle changes to lower BP include:

1. Following the DASH diet, which is rich in fruits, vegetables and whole grains; low-fat dairy, poultry, fish and plant-based oils; and limits sodium, sweets, sugary drinks, red meat and saturated fats
2. Engaging in moderate physical activity, such as brisk walking, for 40 minutes a day at least four days a week
3. Maintaining a healthy body mass index (BMI)
4. Limiting alcohol to ≤ 2 drinks/day in men, ≤ 1 drink/day in women