TIPS FOR TAKING
ACCURATE BLOOD PRESSURE READINGS
FROM WELCH ALLYN

Place the cuff on a bare arm

Use the proper size cuff; if two cuff sizes fit, use the larger one

Place the artery marker over the brachial artery

Apply the cuff snugly, allowing room for no more than two fingers

Once the cuff is placed, allow the patient to sit quietly for five minutes

Do not talk to the patient while taking the BP

Support the patient’s back with feet on floor during measurement; keep legs uncrossed

Keep the upper arm at heart level and passively support the lower arm

Keep the arm still during the measurement cycle

NOTE IF THE ACCURACY OF A BLOOD PRESSURE MEASUREMENT IS IN QUESTION, VERIFY THE ACCURACY USING THE AUSCULTATORY METHOD WITH A CALIBRATED MANUAL INSTRUMENT

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