How to Take Your Blood Pressure

Are you on blood pressure medicine? If so, take your blood pressure daily, and then take your medicine as directed by your health care provider.

For at least 30 minutes before taking your blood pressure, do not consume caffeine, tobacco, cannabis products, other stimulants, or food.

Use the bathroom before taking your blood pressure.

Find a quiet space where you can sit in comfort with no distractions. Rest for 5 minutes, then take your blood pressure. Avoid conversations, your phone, TV, and other devices.

Take 2 or 3 measurements, resting for 1 minute between each. Record your blood pressure, as well as the time and date.

Date	Time	Systolic (Top Number)	Diastolic (Bottom Number)	Heart Rate (Pulse)

health.ny.gov

NEW YORK STATE | Department of Health