



- Quiet room (no talking by patient or observer)
- No smoking, caffeine, or exercise for ≥ 30 min before measurement
- Empty bladder
- Note the time of most recent BP medication taken before measurements
- Relax for > 5 min
- At first visit, record BP in both arms. Use the arm that gives the higher reading for subsequent readings
- Separate repeated measurements by 1–2 minutes
- Use an average of ≥ 2 readings obtained on ≥ 2 occasions
- Provide patients with the SBP/DBP readings verbally and in writing

¹Use the correct cuff size, such that the bladder encircles 80% of the arm, and note if a larger- or smaller-than-normal cuff size is used

²See validated electronic devices lists at www.stridebp.org

³For auscultatory readings, either the stethoscope diaphragm or bell may be used. Use a palpated radial pulse obliteration pressure to estimate SBP, then inflate the cuff 20–30 mm Hg above this level for auscultatory determination of BP level. Deflate the cuff pressure 2 mm Hg per second, and listen for Korotkoff sounds