• 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

1 Use 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
2 See validated electronic devices lists at www.stridebp.org
3 For 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.