



## To learn more about blood pressure

Visit  
[startwithyourheart.com/Resources](http://startwithyourheart.com/Resources)



## Questions to Ask Your Pharmacist

- What is my medicine called, and what does it do?
- How and when should I take it? And for how long?
- What if I forget to take it?
- Are there any side effects?
- Is it safe to take with other medicines or vitamins?
- Can I stop taking it if I feel better?



## How to Take Your Blood Pressure with an Automatic Blood Pressure Machine

- Take your blood pressure at the same time every day, such as in the morning and at night.
- Don't smoke, drink caffeinated beverages, eat or exercise 30 minutes before measuring your blood pressure.
- Empty your bladder before taking blood pressure.
- Relax and sit with your arm slightly bent and resting comfortably on a table at the same level as your heart.
- Place the cuff securely on your upper arm (approximately one inch above your elbow). The cuff should be touching your skin.
- Follow the directions on the blood pressure machine to start the reading.
- Each time you take your blood pressure, do it two or three times, one minute apart, and write down all results.
- Share all results with your health care provider.