

**7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING**

- PUT CUFF ON BARE ARM**  
Cuff over clothing adds 10–40 mm Hg
- DON'T HAVE A CONVERSATION**  
Talking adds 10–15 mm Hg
- EMPTY BLADDER FIRST**  
Full bladder adds 10–15 mm Hg
- SUPPORT ARM AT HEART LEVEL**  
Unsupported arm adds 10 mm Hg
- SUPPORT BACK**  
Unsupported back adds 5–10 mm Hg
- KEEP LEGS UNCROSSED**  
Crossed legs add 2–8 mm Hg
- SUPPORT FEET**  
Unsupported feet add 5–10 mm Hg

**AMA** | **JOHNS HOPKINS MEDICINE**

Sources: Pickering, et al. *Circulation*, 2005 and O'Brien, et al. *J Hypertens*. 2003

Republished from *AMA Wire*® | [ama-assn.org/go/wire](http://ama-assn.org/go/wire)