

How do I measure the blood pressure correctly at home?

- Start measuring blood pressure after five minutes of rest in sitting position always at the same arm (if there is a difference between the arms, measure the pressure on the arm with the highest pressure). If you have not been instructed differently, measure your blood pressure always at the same time and in the sitting position.
- Measure the blood pressure before taking antihypertensive drugs.
- Before measuring the pressure, avoid physical and psychic stress.
- One hour before you measure blood pressure you should avoid smoking, eat or drinking coffee, tea, energy drink or alcohol.
- If the arm circumference exceeds 33 cm, use a cuff larger than the standard one
- The arterial blood pressure cuff must be at heart level in sitting position.
- At least two subsequent measurements (minimal interval between measurements 1-2 minutes).
- If the pressure differs more than 5 mmHg between the two measurements, write the values for the second and third measurements.
- Write the measured values without rounding them.
- We recommend to take the blood pressure pass with you when a medical examination is scheduled.
- Normal Blood Pressure Values for self measurements: <135/85 mmHg

Blood pressure passes can be ordered at the Swiss Society of Hypertension.