

Ideal Positioning and Conditions for Accurate Blood Measurements

- Quiet room, comfortable temperature
- No smoking, coffee, exercise for 30 min
- Empty bladder
- Relax for 3 – 5 min
- Take 3 measurements at 1 min intervals
- Use the average of the last 2 measurements



Cuff to fit arm size
(small, usual, large)

No talking during
and between
measurements

Manual auscultatory
or Validated
electronic upper-arm
cuff

Back supported

Arm bare and resting.
Mid-arm at heart level

For manual auscultatory devices
the inflatable bladder of the cuff
must cover 75-100% of the
individual's arm circumference.
For electronic devices use cuffs
according to device instructions

Feet flat on floor



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