

7 Golden Rules For Achieving Accurate BP Measurements

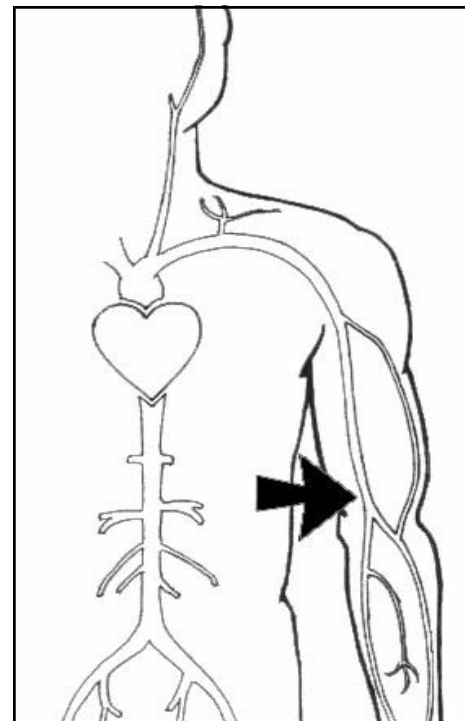
1. Ensure **patient is comfortably seated, with back supported, feet flat on the floor and uncrossed.**
2. **Best to avoid smoking or caffeine** for at least one hour before test.
3. **Position the patient and cuff as shown** in the illustration to the right. **Align the Artery indicator** on the cuff with the patient's brachial artery as shown in the illustration on the bottom.
4. The **“INDEX”** marking on the edge of the cuff **MUST fall within the “RANGE”** markers on the inside lining of the cuff to ensure proper cuff size.
5. Ensure **cuff is tight**, but allow 2 fingers to be inserted between the cuff and the arm.
6. **Upper arm must be at heart level and supported.**
7. Measure BP on both arms initially, then **use the arm with the higher reading** for all subsequent measurements

During Procedure **AVOID:**

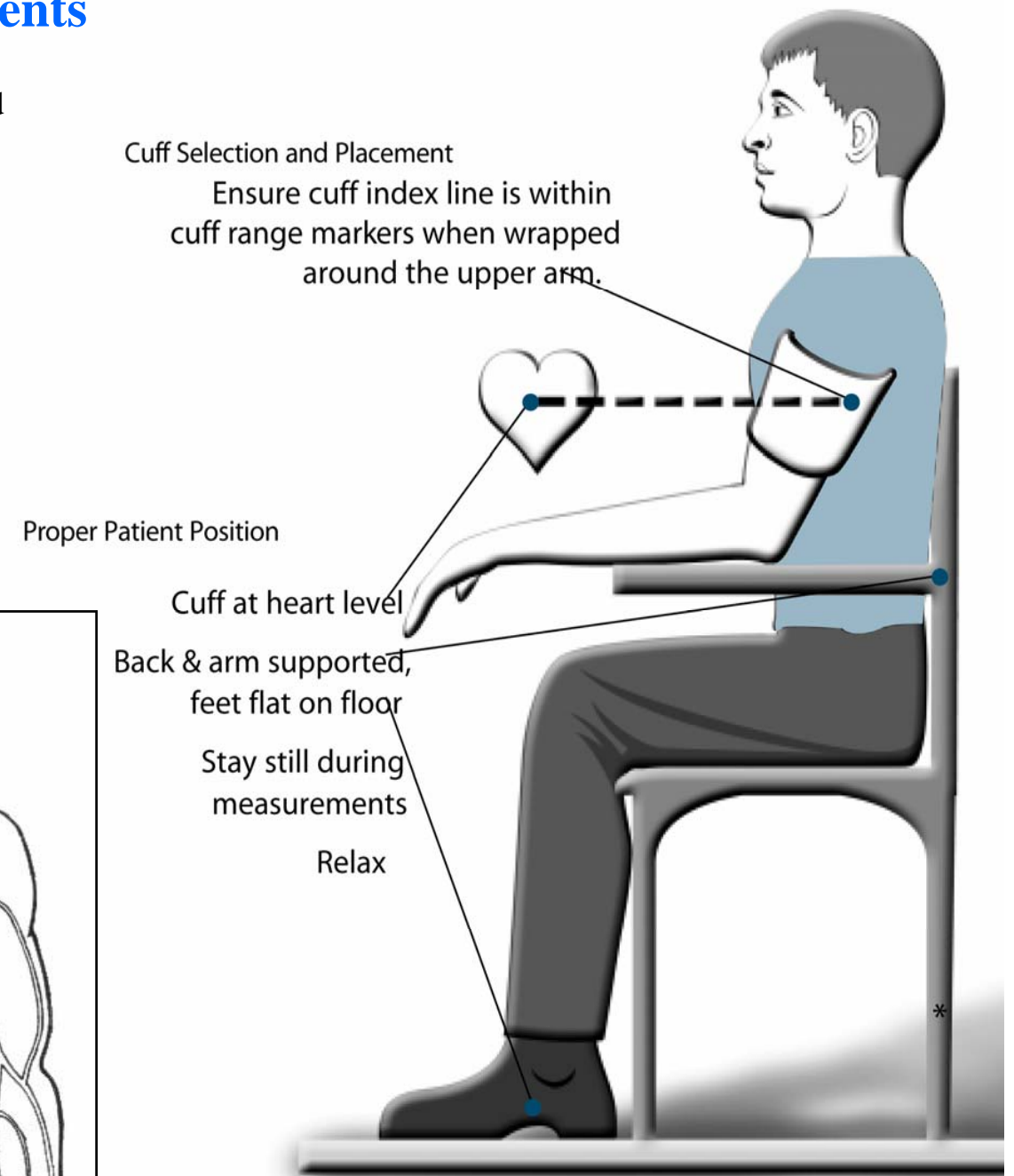
- **Movement of the patient's arm and body must remain still.**
- **Talking** to other people in the room.

Suggestions for Optimal Accuracy:

Leaving the patient alone in the room for the full six measurements with the BpTRU on an automatic cycle of one or two minutes, as **recommended by the American Heart Association**, may improve the accuracy of the results.



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*At your doctors' discretion BP can be taken lying down or while standing.