

Blood pressure measurements can be affected by the position of the patient and their physiological condition.

#### BEFORE BEGINNING A PROCEDURE

Ensure that the patient rests for at least five minutes, then sits with back and feet well supported, legs not crossed. Passively support the patient's lower arm and keep the upper arm at heart level. The procedure needs to take place in a quiet environment with no talking. Failure to follow these recommendations can result in inaccurate blood pressure measurements.

1. Select cuff size appropriate for the patient's arm circumference. The applicable range, in centimetres, is printed on each cuff.
2. Wrap the cuff around the arm with the artery index marker located over the brachial artery and with the lower edge of the cuff 2.5 cm above the bend in the elbow.
3. Apply the cuff snugly, allowing room for no more than two fingers.
4. Inflate cuff rapidly to a level 30 mm Hg above estimated (or palpatory) systolic pressure.
5. Partially open the valve to allow deflation at a rate of 2 to 3 mm Hg per second. As the pressure falls, note systolic pressure and diastolic pressure detected with your stethoscope.
6. Rapidly release the remaining pressure and record measurements immediately. After a minimum of 30 seconds, repeat the above steps for a second reading.



1. Select cuff size appropriate for the patient's arm circumference. The applicable range, in centimetres, is printed on each cuff. Place the cuff on a bare arm.
2. Wrap the cuff around the arm with the artery index marker located over the brachial artery and with the lower edge of the cuff 2.5 cm above the bend in the elbow.
3. Apply the cuff snugly, allowing room for no more than two fingers.
4. Once the cuff is in place, allow the patient to sit quietly for a few minutes. Patient should be seated with back and feet well supported, legs not crossed.
5. Keep the upper arm at heart level and passively support the lower arm.
6. Initiate the automatic measurement cycle, and keep the arm still.



## NOTE:

The "Artery Index Marker" on the cuff should fall within the "Range" indicated on the cuff. If the artery index marker falls short of range, use a larger cuff to ensure accurate results. If the artery index marker is past the range, use a smaller cuff to ensure accurate results.