

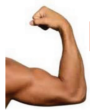
PLANK 5

TOOL: Accurate Blood Pressure Measurement Patient Sign (University of Utah Health Care)

Providing you with the best care...

At University of Utah Health Care our goal is to provide you with the best care.

To ensure that we obtain the most accurate blood pressure during today's visit we may be asking you to:



Remove jackets or long sleeves.

Taking your blood pressure over clothing can increase or decrease the measurement by 10-40 points. Bare skin allows the blood pressure cuff to more accurately read the pressure.



Empty your bladder.

A full bladder can increase your blood pressure measurement by up to 10 points.



Refrain from talking during your blood pressure testing.

The most accurate measurement is obtained when your body is naturally at rest.



Rest comfortably with feet flat on the floor prior to your testing.

Allowing you to rest before taking your blood pressure decreases anxiety, stress or fear which can lead to higher blood pressure levels.



Avoid caffeine or a big meal prior to blood pressure testing when possible.

When you are digesting a big meal or have caffeine it increases your body's metabolism and can increase your blood pressure and make the reading less accurate.

