

## **Factors Affecting Inconsistent Blood Pressure Readings**

Many factors exist that can cause a variation in blood pressure measurement values, for example, recent activities or even the time of day can alter the reading. Additionally, the user's technique is very important for reliable measurement results. Listed below are some of the common reasons you may see an inconsistent or inaccurate reading:

### **Cuff Size**

It is very important to use the appropriate size cuff for your arm to obtain accurate measurement results when using your blood pressure monitor. In order to determine the appropriate cuff size, you need to measure the circumference of your arm. You should periodically measure your arm size. This is especially true if you have a borderline arm size measurement, or you may have gained or lost weight.

It is important to ensure the arm cuff you are using with your monitor is the correct size for you. If the incorrect cuff is used the result may be an inaccurate reading and/or the cuff will be damaged (air bladder).

To determine your arm size, use a cloth tape measure and place the tape measure midway between your elbow and your shoulder around the circumference of your upper arm. Wrap the tape measure evenly around your arm. Do not pull the tape tight. Note the precise measurement in centimetres.

### **Cuff Application**

1. Put your left arm through the cuff loop. The bottom of the cuff should be about 1 – 2 cm above your elbow (thickness of your index or middle finger). Adjust the

cuff around your arm so that the tubing runs down the centre of your arm in line with your middle finger.

2. Secure the cuff around your arm using the cloth closure. Pull the cuff so that the top and bottom edges are tightened evenly around your arm.

3. Secure the cuff firmly but not too tight – just enough so that it is difficult to slide 2 fingers under the cuff.

### **Before Taking a Measurement**

Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes and rest for 15 before starting the measurement. Avoid taking a measurement during stressful times. Take the measurement in a quiet place.

### **Body Position**

Sit in a chair with your feet flat on the floor. Rest your arm on a table with your palm facing upward. The cuff should be level with your heart. Do not talk or move during the measurement. For additional information please refer to the Instruction Manual for your device.