If you are using a digital monitor:

1. Put the blood pressure cuff on your left arm, with the arrow in the proper place.
2. Sit quietly for several minutes before starting.
3. Keep left arm resting at heart level or on the table.
4. Hold the bulb in your right hand.
5. Press the power button. All display symbols should appear briefly, followed by a zero. This indicates that the monitor is ready.
6. Inflate the cuff by squeezing the bulb with your right hand. If you have a monitor with automatic cuff inflation, press the start button.
7. Watch the gauge. Keep inflating the cuff until the gauge reads about 30 points (mm Hg) above your expected systolic pressure.
8. Sit quietly and watch the monitor.
9. Pressure readings will be displayed on the screen. For some devices, values may appear on the left, then on the right. Most devices will also display your pulse rate.
10. Wait for a long beep. This means that the measurement is complete. Note the pressures on the display screen. Systolic pressure appears on the left and diastolic pressure on the right (example: 120/80). Your pulse rate may also be displayed in-between or after this reading.
11. Allow the cuff to deflate.

**IMPORTANT:** If you did not get an accurate reading, DO NOT inflate the cuff right away. Wait one minute before repeating the measurement. Start by re-applying the cuff.

12. Record your blood pressure.

Follow your doctor’s instructions on when and how often you should measure your blood pressure. Record the date, time, systolic and diastolic pressures.