

A hand is shown pressing a button on a white medical device. The device has a digital display showing numbers. The entire image is overlaid with a semi-transparent blue filter. The text is centered on the right side of the image.

EAQ191/CARISMA Study

Cancer and Blood Pressure Management

How to take your blood pressure (BP) properly at home, using the monitor the study has supplied for you.

It is very important to follow these directions carefully to obtain an accurate reading. Please remember:

- ♥ The best readings will be obtained if you are comfortable and relaxed, and if they are taken in a quiet space with few distractions.
- ♥ If you have not emptied your bladder recently, please do so prior to taking your BP.
- ♥ The American Heart Association recommends *no caffeine, no smoking, and no vigorous exercise* within 30 minutes before taking a BP reading.
- ♥ Please refrain from talking, texting, watching TV, or using your phone when taking BP readings.
- ♥ While taking your BP reading, support your arm on a table at about the level of your heart; sit with both feet flat on the floor, with your back straight and supported, and your legs uncrossed.
- ♥ Use the same arm for all readings.

For questions or concerns, please contact: _____