



Home Blood Pressure Monitoring Frequently Asked Questions

Please contact your ARIC Field Center with any concerns or questions that are not addressed below.

Problem	What to Do
How do I know if the cuff is too loose or too tight?	You should be able to fit two fingers underneath the cuff. It should be snug but comfortable.
Why does the cuff keep inflating?	The blood pressure monitor is set to take 3 readings , with 60 seconds between each measurement. Try to remain still during the measurements, and rest quietly between each measurement.
My arm is turning numb/blue or getting bruised from the cuff.	Remove the cuff and contact your field center as soon as possible for help.
What do I do with the readings I see on the device?	The readings should automatically disappear from the device. You do not need to do anything with them.
What do I do if my fingers start swelling?	Loosen the cuff between the time you notice the swelling and the next measurement. If this problem continues, remove the cuff and contact your field center.
Can I take my blood pressure medication before taking my measurement?	Please measure your blood pressure <u>before</u> taking any blood pressure medication.
What if I forget to take a blood pressure measurement?	This is fine. If you miss one, please just take the next measurement during the appropriate time period (either morning or evening). We will look at all measurements you provide.
Can I have coffee or a caffeinated drink before taking my measurement?	Please measure your blood pressure before drinking any of these beverages. If you drink these beverages, please wait at least 30 minutes before taking your blood pressure measurement.

Problem	What to Do
Can I go for my usual morning run before taking my measurement?	Please make sure these physical activities occur more than 30 minutes before taking your blood pressure measurement.
Why does the device not turn "ON" when I press the "START/STOP" button?	The battery could have run out. Please connect the AC adapter and plug into your wall and try again. If this continues, contact your field center for support.
What if I did not complete the full 8 days of measurements?	Please do your best to complete all 8 days of measurement. We will take what you provide, but we hope you will complete the full 8 days.
Does it matter which arm I put the cuff on?	We would prefer you to use the same arm that was used for your seated blood pressure measurement at the ARIC visit.