

**HOW DO I
PREPARE TO
HAVE MY B.P.
CHECKED?**

SUPPORTED BY:

PRIOR TO YOUR VISIT:

- Avoid heavy physical exercise for at least 2–3 hours.
- Avoid smoking and/or caffeine (eg. Coffee, cola, tea, chocolate) for at least 2 hours.
- Avoid eating for at least 30 minutes or for 2 hours if you are over 55 years of age.
- Empty bladder and bowel at least 30 minutes before coming in.
- Wear loose, comfortable clothing with easy access to bare arms.
- Come early to warm up or cool off (depending on the weather); then relax! It doesn't hurt, and it's FREE!
- Let us know if you are taking any over-the-counter medications (cold remedies, nicotine gum, etc.)
- Don't forget to have your wallet card updated when you are told your B.P. measurement.

Lethbridge Fire and Emergency
Services

**FREE DROP-IN
BLOOD PRESSURE
SCREENING**

Bristol-Myers Squibb Company



CITY OF
Lethbridge



International Association of
Fire Fighters



For more information on High Blood Pressure and healthy lifestyles, contact:

**Heart & Stroke Foundation of Alberta and NWT
Chinook Health Region
Your Family Doctor**

Persons under the age of 18 are welcome when accompanied by an adult.

*"To safely serve and protect the
community"*



Lethbridge Fire and Emergency Services

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