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**International guidelines recommend to take at least two readings when performing a blood pressure measurement.**

**Such recommendations are well covered by Technology Check3.**

- 1) **Scottish** Guideline for Detection and Diagnosis of Hypertension:  
*"The average of three blood pressure readings should be taken as the baseline blood pressure."*
- 2) **American** NIH Education Program 1997:  
*"Two or more readings separated by 2 minutes (...) should be averaged. If the first two readings differ more than 5mmHg, additional readings should be obtained and averaged."*
- 3) **New Zealand** Guidelines:  
*"On each occasion two or more readings should be averaged if the first two readings differ by more than 10 mmHg (systolic or diastolic) additional readings should be taken."*
- 4) **American** National Guideline:  
*"The diagnosis of hypertension is based on the average of two or more elevated blood pressure readings taken at each of two or more visits after an initial screening."*