



How to take your own blood pressure



How to take your blood pressure



- This is a blood pressure machine



- Put batteries in the machine



- The blue plug at the end of the air tube attached to the cuff should be inserted into the side of the blood pressure monitor

Before you take your blood pressure



- Wear loose-fitting clothes like a short sleeved t-shirt



- Put the cuff on your left arm (if possible). Always try to measure on the same arm



- The cuff should be put just above your elbow, with the arrow pointing downwards and in the middle of arm.



- You should be sitting down in a quiet place, preferably at a desk or table, with your arm resting on the table palm up, and your feet flat on the floor

Taking your blood pressure



- Your arm should be relaxed
- Rest for a few minutes before taking blood pressure
- Keep still and don't talk when taking blood pressure as this can affect result



- Press the START/STOP button. The cuff will tighten on your arm
- This may take 1 or 2 minutes
- Blood pressure result can be seen on the screen

Blood pressure results



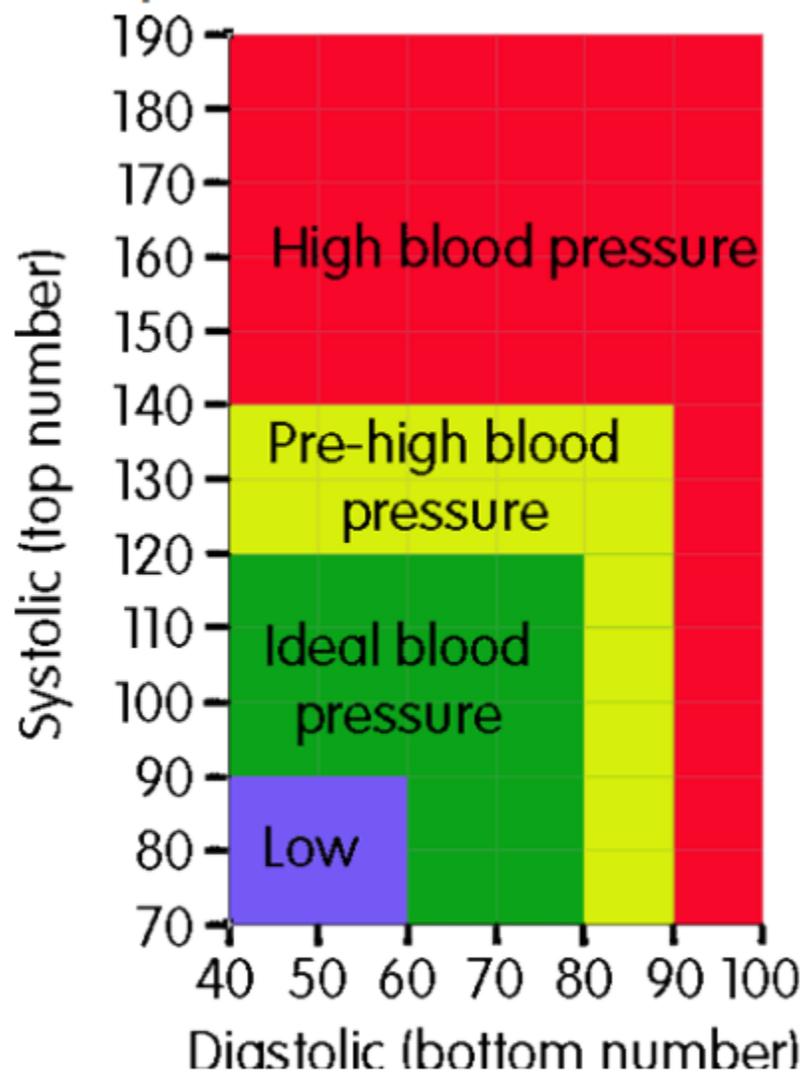
- **Systolic blood pressure:** This is the top, number, when your heart beats and pumps blood through your arteries.
- **Diastolic blood pressure:** This is the bottom number, when your heart relaxes between beats.
- *They both measure the force your heart exerts on the walls of your arteries in between beats*
- **Pulse.** This is the number of times your heart beats per minute

Tips to get the correct reading



- Avoid exercise, caffeine and smoking for 30 minutes before you take your blood pressure
- If you need to use the toilet, go before you start
- Make sure you are relaxed and comfortable. Sitting upright with your back supported, your feet flat on the floor with your legs uncrossed

Blood pressure chart for adults



Using this blood pressure chart: To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.