

## TAKING BLOOD PRESSURE MEASUREMENTS AT HOME

Make sure the room you are in is quiet, and not too hot or cold.

Do not take a BP reading after a shower or bath, or after exercising or drinking alcohol.

Sit upright on a comfortable chair that allows you to put your feet flat on the floor.

Place a table in front of or to the side of you to put the monitor on.

Wrap the cuff correctly around the top of your arm with the tube running down the inside of your arm level with your middle finger.

Place the monitor on a table level with your heart.

Do not talk or move whilst taking a measurement.

When you are relaxed, press the on button and the cuff will inflate, it may feel tight but this is normal.

When it has reached its level the cuff will deflate and you should record the BP readings.

To stop the machine at any time just press the start button.

Take 2 readings in the morning, 2 mins apart and 2 readings in the evening 2 mins apart and record on the record sheet you will be given with the machine.

