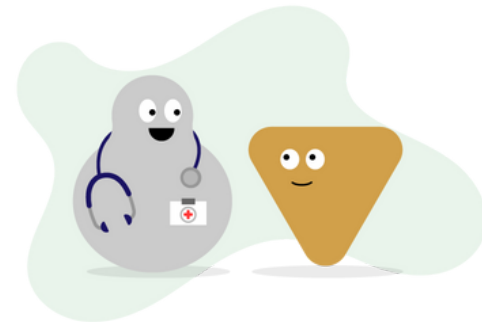


Taking Your Own Blood Pressure

Before you start

1. Seek advice from your pharmacist as to the machine which suit you and the correct cuff size.
2. The cuff should go round your arm comfortably, and 1inch above your elbow and 1inch below your arm pit
3. The lead of the cuff should go down the inside of your elbow joint
4. Ensure the batteries are good



Taking a reading

1. Sit in the same position each time, and put the cuff on the same arm each time
2. Rest for 15 minutes before monitoring. The best place to sit is at the dining table so the machine and cuff is level with your heart
3. If you have a wrist machine place your arm across your chest, so your wrist is level with your heart
4. Whilst measuring your blood pressure; sit still and do not talk

Please note

1. You may take the blood pressure readings at different times of the day
2. Document the time, date, and reading

Ongoing readings

1. Check your blood pressure regularly (this may be weekly initially and then monthly, or 6 monthly).
2. Report your readings to the GP (once you have a few readings)
3. If there is a problem with your blood pressure your GP may ask you to monitor twice a day for a short period of time

