

ROTHWELL & DESBOROUGH HEALTHCARE GROUP

PATIENT INSTRUCTION SHEET MEASURING YOUR BLOOD PRESSURE

These are brief guidelines:

- Switch unit on.
- Wrap cuff around bare **left** arm just above the elbow joint, with green ban on inside of arm.
- Place your arm on a table or cushion with the palm of your hand facing upwards, so that cuff is approximately at h level.
- Push the start button.
- Measurement starts.
- At the end, your blood pressure and pulse are displayed alternately.
- Record both figures of the blood pressure.
- If the reading is over 140/90, rest for 5-10 minutes, then repeat the recording.
- Please then write down the lower of the 2 readings.
- This should be carried out twice a day over a 5 day period.
- Take the results to reception with the machine.

Contact reception in 1 weeks' time between 12 noon and 3pm for results.

Please cut off the above portion and keep.

NAME:	DATE OF BIRTH:
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DATE	A.M.	P.M.
Example	120/86	132/74

FOR SURGERY USE ONLY		GP:			
AVE BP	U/E'S	ECG	URINE	LIFESTYLE	CVD RISK%

Ess Hyp	CHD	CVA	CKD	Diabetic	PVD	Mild hyp neod

GP/NURSE COMMENT	
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ON COMPUTER

SCAN

FILE