



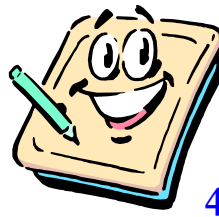
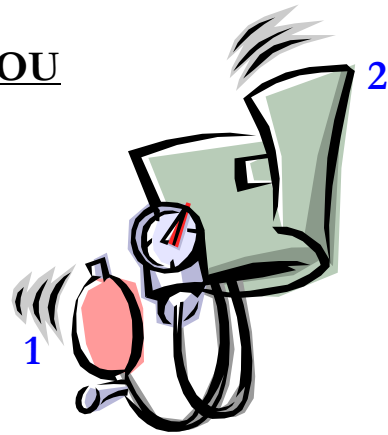
How to Take a Blood Pressure

THIS HOME PROCEDURE WILL TELL YOU

1. What you will need.
2. How to take your blood pressure.
3. How to keep a record of blood pressure.
4. What else you need to know.

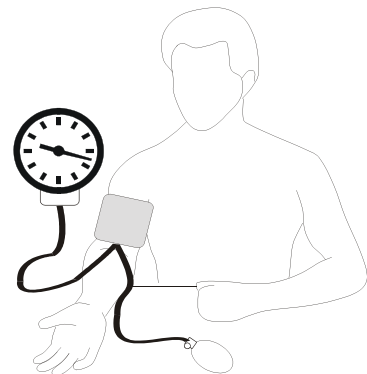
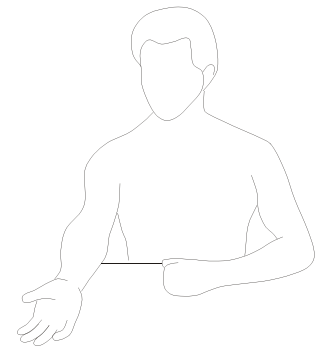
WHAT WILL I NEED?

1. Blood pressure machine (sphygmomanometer)
2. Blood pressure cuff
3. Stethoscope
4. Pencil and paper



HOW DO I TAKE MY BLOOD PRESSURE?

- Sit down in front of a table.
- Put your arm on the table with the palm of your hand up.
- Roll your sleeve up.
- Wrap the cuff around your arm about 1" above the bend of your elbow.
- The cuff should be snug but not tight. You should be able to slide 2 fingers between the cuff and your arm.
- Place the gauge where you can easily see it.



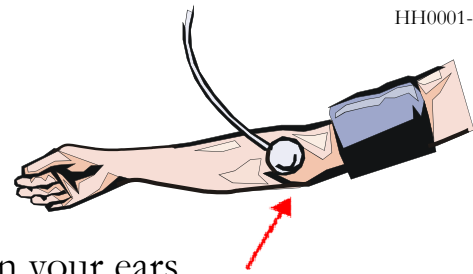
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- Using two fingers, find your pulse on the inside of your arm. Place the stethoscope's diaphragm over this area.



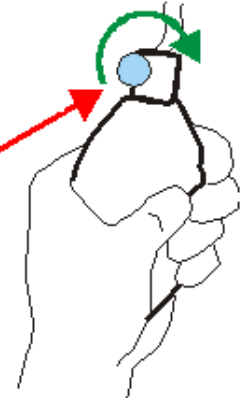
Diaphragm



- Put the stethoscope in your ears.
- Place the dial where you can see it. Make sure it won't move when you pump up the cuff.

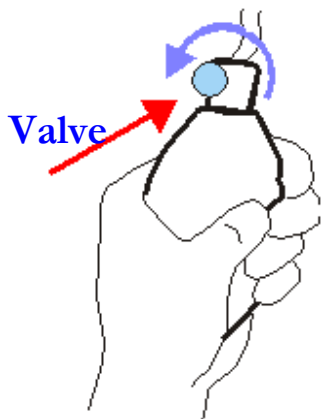
- Tighten the valve (not too tight) by turning clockwise.

Valve

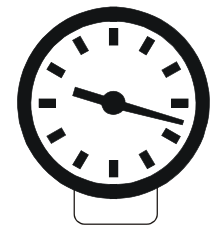


- Pump the bulb fast to inflate the cuff.

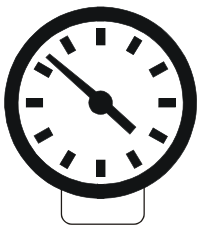
- Keep your eye on the dial. Turn the screw counter clockwise to let the air out slowly.



- Watch the dial and listen for the 1st beat. Remember the number on the dial when you heard the 1st beat. This is the **systolic** pressure.



- Next, listen for the last sound. Remember the number on the dial at the time of the last sound. This is the **diastolic** pressure.



- Let the air out of the cuff.
- Remove the cuff.



- Write down the 2 numbers. Make sure to write the date and time.

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HOW SHOULD I KEEP A RECORD:

1. Keep a daily written record including the **date, time, and your blood pressure.**
2. Take your blood pressure record with you to clinics or to your doctor.



DAILY RECORD		
Date	Time	Systolic/Diastolic
4/10/03	10:00 am	120/80
4/11/03	10:30 am	135/78
4/12/03	9:45 am	125/74



WHAT ELSE DO I NEED TO KNOW?



1. Have a nurse check your equipment once a year.
2. Keep your blood pressure equipment safe in a drawer. Squeeze all the air out of the cuff before putting it away.
3. Take your blood pressure in the **same arm** each time.
4. If your blood pressure is **greater** than _____, **call your physician or go to the nearest emergency room.**



Disclaimer: Information presented on this page is for specific health educational purposes only. Persons should consult qualified health professionals regarding specific medical concerns or treatment. Each clinician caring for the patient is responsible for determining the most appropriate care.

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