

The Wycliffe Medical Practice
INSTRUCTIONS FOR USING THE BLOOD PRESSURE MACHINE

NAME:**DATE OF BIRTH:**

- You should be seated and place the blood pressure machine on a table beside you.
- **SIT QUIETLY FOR 5 MINUTES BEFORE EACH PAIR OF READINGS**
- **LEAVE AT LEAST ONE MINUTE BETWEEN EACH MEASUREMENT**
- Place the cuff around your bare arm, above your elbow.
- The rubber tube should be in the middle of your arm and leading down from the cuff.
- Connect the tubing to the side of the machine if it is not already connected.
- Switch the machine ON.
- Wait for the **zero and heart symbol** to show on the screen.
- Press the start button.
- The cuff will inflate and the screen will show numbers up to around 170, it may go higher.
- The cuff will tighten on your arm.
- Try to keep your arm still until the cuff has completely deflated.

There should be two numbers showing together on the screen, then a P and another number.

The two numbers that appear together represent your blood pressure

The number after the P is your pulse reading

PLEASE RECORD THESE FIGURES IN THE TABLE BELOW FOR EACH READING

Switch the machine OFF.

PLEASE RECORD YOUR BLOOD PRESSURE MORNING AND EVENING FOR EIGHT DAYS.

		Morning Readings				Evening Readings			
		Reading One		Reading Two		Reading One		Reading Two	
DAY	DATE	BP	Pulse	BP	Pulse	BP	Pulse	BP	Pulse
example	1.1.14	130/85	50	125/80	52	140/90	60	145/90	58
1									
2									
3									
4									
5									
6									
7									
8									

If you are able to calculate your average reading – please write it here: