

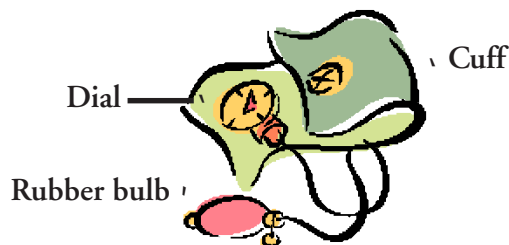
How To Take Your Blood Pressure At Home



What tools will I need to take my blood pressure at home?

You will need:

1. A **stethoscope** and
2. A **sphygmomanometer** (blood pressure cuff)



How do I use these tools to check my blood pressure?

1. There are 2 numbers that make up your blood pressure. For example: 120/80, which is said as “one twenty over eighty”.
2. The first number (120 in our example) is called the “systolic pressure”. It is a measure of the pressure in your blood vessels when your heart is pumping blood.
3. The second number (80 in our example) is called the “diastolic pressure“. It is a n of the pressure in your blood vessels when your heart is resting between beats.
4. Before you buy a home blood pressure machine, check the size of your arm so you can buy the right size cuff. Here’s how to check the size of your arm:
 - Use a tape measure which shows both inches and centimeter markings.
 - Wrap the tape measure around the middle upper part of your arm. You may need someone to help you measure right.
 - Write down your arm measurement in both inches and centimeters.
 - Use this chart to be sure and get the right size cuff for your arm.



To measure your blood pressure right, it is important to have the right size cuff.

If your arm is:				get this cuff size
Inches	Centimeters			
up to 13	which is 27 - 34	→		Adult
13 - 17	which is 35 - 44	→		Large Adult
17 - 20	which is 45 - 52	→		Adult thigh cuff

(over)

5. Try to rest or relax for a while before you check your blood pressure. Do not smoke or have any drinks with caffeine (such as cola, coffee or tea) during this time. Check your blood pressure in a quiet room so you or your helper can hear well.

6. Sit down, and stretch out your arm on a table, at about the level of your heart. Let your arm relax.

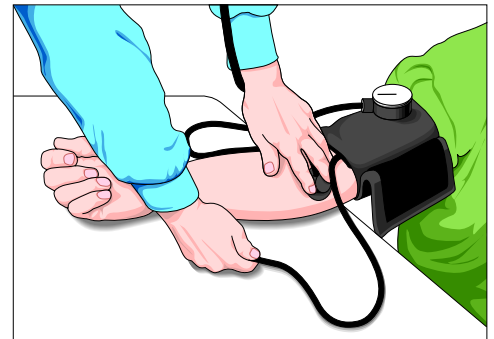
7. Your helper should:

- Wrap the cuff around your upper arm, just above the bend, and above where you felt the pulse.

- Put the stethoscope on - one earpiece in each ear.

- Put the large, flat part of the end of the stethoscope (called the bell), over the place where you felt the pulse.

- Close the screw of the rubber bulb on the blood pressure cuff, and begin squeezing the bulb to pump air into the cuff.



- Watch the needle of the blood pressure cuff as it passes each number on the dial

- Pump air into the cuff till:

- It is 10 points higher than your last blood pressure check **or**

- The needle points to 170 on the dial **or**

- As high as your health care provider tells you.

- Slowly turn the screw on the rubber bulb to open it, and watch the dial while listening through the stethoscope for the pulse.

- Listen for the first clear beat. Check the number on the dial when you hear the first beat. This will be the systolic pressure. Keep this number in mind.

- Keep on slowly letting air out of the cuff while watching the dial.

- Listen for the sound to stop. Watch the dial. This number will be the diastolic pressure.

- Keep this number in mind as well.

- Let all the air out of the cuff. Write down both numbers or readings in your log.

8. Take the cuff off, and put it and the stethoscope away safely till next time.

