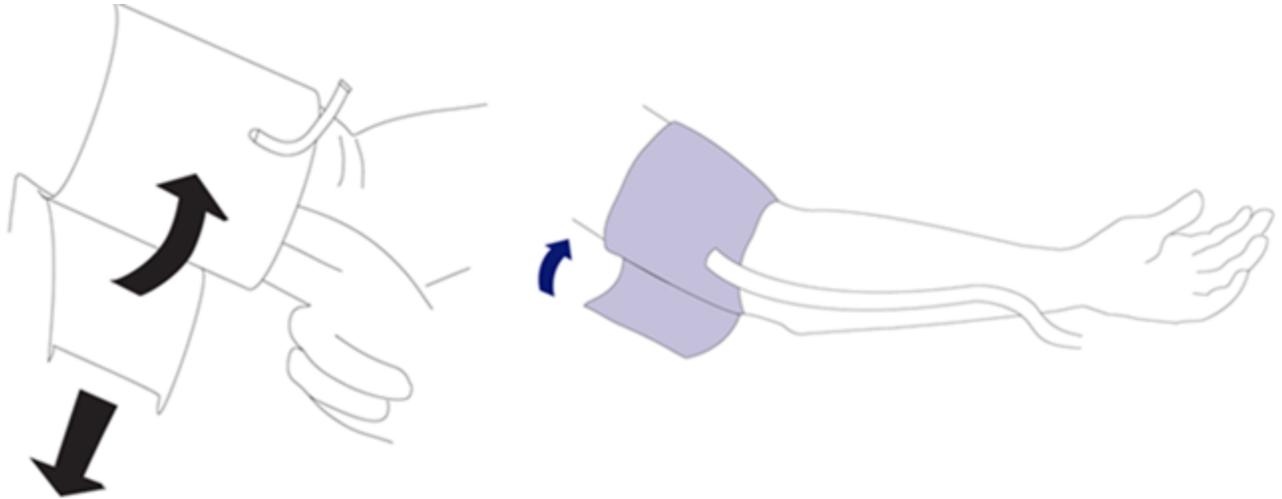


How To Take Your Blood Pressure

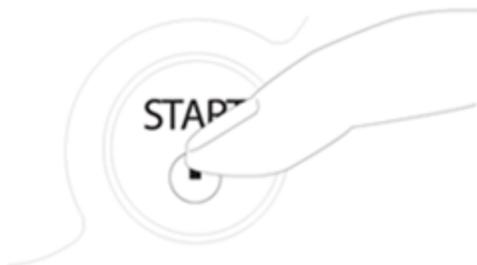
As a *Patient*, to take your blood pressure:

1. Lay your left arm on a table with your palm up. Place the cuff around your upper arm with the tubing running down the inside of your arm.



Note: Fasten the cuff to a tightness where you can slide two fingers underneath it.

2. Sit comfortably with your arm resting on a flat surface. Elevate your arm to heart level and move your hand so the palm is up.
3. Press the **Start** button.

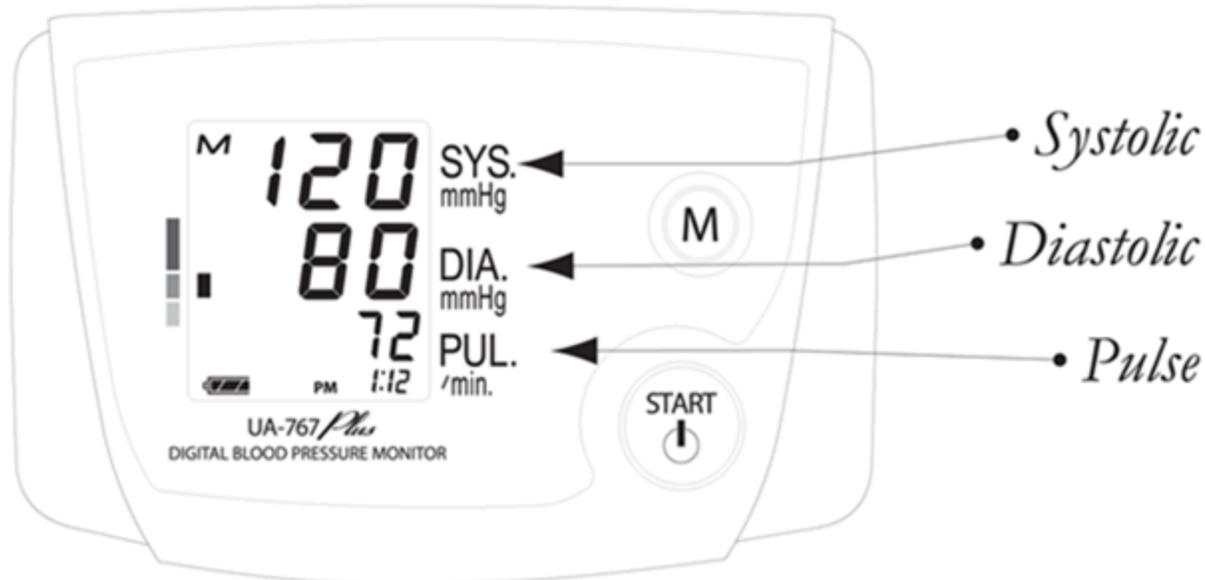


4. Sit quietly as the cuff inflates.
5. Wait for the measurement to complete.



Note: When the measurement is complete, the cuff deflates automatically.

6. The systolic, diastolic pressure, and pulse appear on the digital display.



Blood Pressure Tips

- Measure at the same time every day.
- Sit in the same chair/position.
- Do not cross your legs. Keep your feet flat on the floor.
- Relax for several minutes before measurement.
- Sit still during measurement. No talking, eating, or sudden movements.
- Record your measurement in a log book.

Frequently Asked Questions

Question	Answer
My reading seems high. Is something wrong with the monitor?	Your cuff may be too small for you. A cuff that is too small yields a measurement that is higher than the correct blood pressure.
Why do my blood pressure	A person's blood pressure varies greatly from day to day and season to season. Normally,

Question	Answer
readings vary so much during the day?	blood pressure rises during work or play and falls to its lowest levels during sleep. The best way to get consistent readings is to monitor your blood pressure at least once a day, at the same time, so you can minimize the effect that external factors have on the reading. Please be sure to consult your physician immediately if you have any doubt about your readings.
How do I select the correct cuff size?	With your arm hanging at the side of your body, measure the circumference of your upper arm at the midpoint between your shoulder and elbow. Based on this information, you can determine what size cuff works for you from the following options:
	Small Cuff: 6.3 - 9.4" (16-24cm)
	Medium Cuff: 9.4 - 14.2" (24-36cm)
	Large Cuff: 14.2 - 17.7" (36-45cm)
Wide Range Cuff: 8.6 - 16.5" (22-42cm)	