



How to use blood pressure machine correctly.

- Wear loose fitting sleeves.
- Sit on the stool for 5 minutes to allow for accurate reading.
- Place your arm into the cuff of the machine.
- Avoid distractions or talking whilst your blood pressure is being monitored.
- Press the start button on the machine.
- Remove the paper slip when blood pressure completed.
- Write your name and date of birth on the slip and put it into the box provided.
- You will only be contacted for follow up if required.

PLEASE NOTE IF YOU ARE FEELING UNWELL THEN PLEASE MAKE APPOINTMENT TO SEE GP.