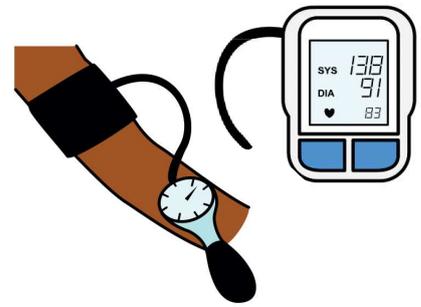
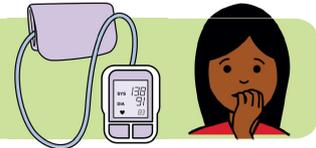


Checking Blood Pressure

A visual guide



- There is a machine that checks your blood pressure reading.
- It can make noise when in use. It is okay to feel nervous.



- This will take about 3 minutes. First we will ask that you roll up sleeve or loosen your jumper and stay seated.
- Next we will wrap a cuff around your arm.



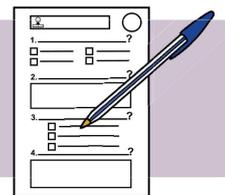
- The cuff will feel tight. The material can feel irritating if you have sensitive skin, but it will be taken off after 30-40 seconds.



- The cuff tightens until the machine reads blood pressure. The machine will beep when finished and the cuff deflates.



- The screen will show your blood pressure reading.
- We will write it down. Then you are all done.



- Let us know if you need any help or have any questions. We are happy to help.

