

Blood Pressure Monitoring

- 5 minutes before: relax and rest
- Apply the blood pressure cuff to your left (preferred) arm: Slip the cuff over your hand, up arm and past elbow joint
- The tube from the cuff should be placed 1-2 cm above the inside of the elbow and direct towards your wrist (see below)



- Wrap the Velcro around your arm securely (tight enough so it can no longer slip around)
- Sit with your back and arm supported with the cuff at the same level as your heart
- Press START/STOP on the BP machine
- Keep feet flat, legs uncrossed, keep still and do not talk
- The cuff will automatically tighten and relax to get your blood pressure measurement. (It is normal for this to feel uncomfortably tight)
- The blood pressure reading will then display (see example opposite)
- Write down the measurements overleaf.



Temperature

Digital thermometer (oral use):

- **Do not** drink anything hot/cold before use
- Press the ON/OFF button
- The thermometer will beep
- The screen will display Lo a flashing °C



- Slide the thermometer into the blue/clear plastic cover



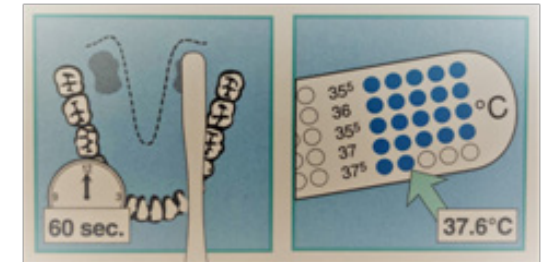
- Once the thermometer is completely covered remove from the outer packaging



- Place the thermometer will under the tongue as far back as possible
- The thermometer will beep when ready and the temperature will be displayed on the screen
- Write down the measurements overleaf.

Tempa Dot Thermometer:

- Remove from wrapper and place under the tongue as far back as possible
- Close your mouth and wait 60 seconds



- The dots will turn blue and indicate temperature (as shown in diagram above)
- Write down these measurements overleaf

Fingertip Pulse Oximeter

- Clip the device to your finger* (pinch it like a peg) and press the button
- After a short time the Oximeter will display the percentage of oxygen in your blood and your pulse rate
- The top number (72 in picture below) is your heart rate. The bottom larger number (shown as 98) is your Oxygen saturations
- Write down your own measurements (e.g. 72/98) overleaf

Note. nail varnish or false nails can interfere or block the reading. If wearing these, please remove from one finger to allow an accurate recording. In addition, if your hands are cold try warming them to achieve a more accurate reading.

