

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

Forehead Thermometer

- Press power on
- Hold the thermometer within 4cm from the centre of the forehead
- Press the start button until you hear a beep
- The reading should be displayed on the screen.
- Write down the measurements overleaf.



Ear Thermometer

- Place one of the small plastic covers on the tip of the thermometer
- Press the 'on' button and you will hear a beep
- Pull the top of the earlobe up and back
- Gently insert the tip of the thermometer into the ear canal towards the eardrum
- The sensor should be pointing down the ear canal and not at the wall of the ear
- Once the thermometer is in position press the 'on' button again
- The thermometer will make a sound to let you know that the reading is ready
- The temperature will be displayed on the screen
- Write down the measurements overleaf.



Note. If the thermometer sounds four fast beeps this indicates an error, check the cover is on correctly and try and follow the steps above again.

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 Fingertip Pulse Oximeter 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.