

Checking your blood pressure



It is important to have blood pressure taken to make sure we are keeping well. Blood pressure that is too low may cause fainting or falls. Blood pressure that is too high may cause problems like stroke or kidney damage.



What will happen

A doctor or nurse may check your blood pressure by asking you to:

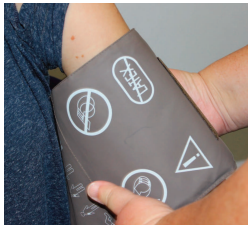
- sit down
- stand up
- or lie down.



Your blood pressure may be checked using a machine.



Or your blood pressure may be checked by using a hand held machine.



The doctor or nurse will put a band round your arm. This is called a cuff.



The cuff will feel tight around your arm as your pressure is checked.



The machine will give a reading. The doctor or nurse may take your blood pressure twice. This will depend on the reading. The cuff will be taken off.



The readings from the machine will be written on a chart.



If the doctor is worried about your blood pressure you may need more tests. The doctor may give you medicines to help your blood pressure get back to a safe level.