

## Instructions For Using Home Blood Pressure Device

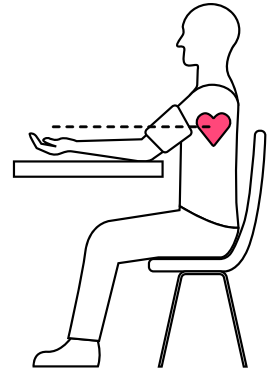


1. Prepare your log sheet



2. Relax and sit quietly for 5 minutes

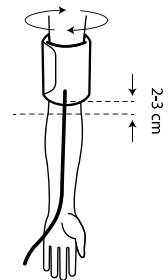
3. Sit on a chair and straighten your back.  
Both your feet should be touching the floor



4. Check your cuff size

5. Straighten your arm and wrap the cuff directly  
on your bare arm, 2-3 cm above your elbow

6. Make sure that the tube side on the cuff is  
facing the inside of your arm



7. Press the start button and wait for your result.

8. Repeat the same steps on the other arm.

9. Record your readings on the log sheet.





## Do these before using blood pressure device



Bring your log sheet



Empty Bladder



Empty Stomach



## Do not do these 30 minutes before using blood pressure device



Exercise



Take Medication



After Shower



Consume Caffeine



Smoke



Consume Alcohol



### Patient and Family Education

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