



Taking your blood pressure



This is a blood pressure machine



You will be asked to roll up your sleeve



The doctor or nurse will place the cuff around your arm



The cuff will then be fastened to your arm



The cuff will tighten on your arm and will not hurt



This may take 1 or 2 minutes



The doctor or nurse will remove the cuff



The doctor or nurse may type your blood pressure number in to the computer

Blood pressure is a measure of the force that your heart uses to pump blood around your body.