

## Having regular blood pressure checks:



If your blood pressure is low it may make you feel dizzy. You could fall over.



If your blood pressure is high it could give you headaches.



Sometimes the staff may want to take your blood pressure with you standing up.



Sometime they may want to take it when you are sitting or lying down.



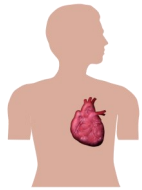
You will have your blood pressure checked regularly whilst you are staying in hospital. Your doctor will use the readings to help make you feel better.



## Having your blood pressure taken:



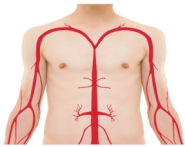
## What is your blood pressure?



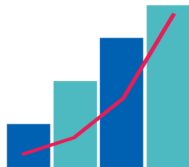
Blood is pumped around your body by your heart. It is carried in blood vessels called veins and arteries.



If you look at the inside of your arm you can see some of your blood vessels. They look blue under your skin.



Your blood pressure shows how quickly the blood is being pumped around your body.



People can have high blood pressure and low blood pressure.



Measuring your blood pressure helps doctors and nurses know how well you are feeling.

## How is it measured?



Your blood pressure can be measured in two ways. This is one type of blood pressure machine



and this is another. Both do the same job.



A cuff is put on your arm just above your elbow. The cuff will fill up with air and go tight. This may feel uncomfortable but should not hurt.



The cuff will stay inflated (full of air) for a couple of minutes. The cuff will then go down and will be taken off your arm.



The nurse or Health Care Assistant will write down your blood pressure on your file.