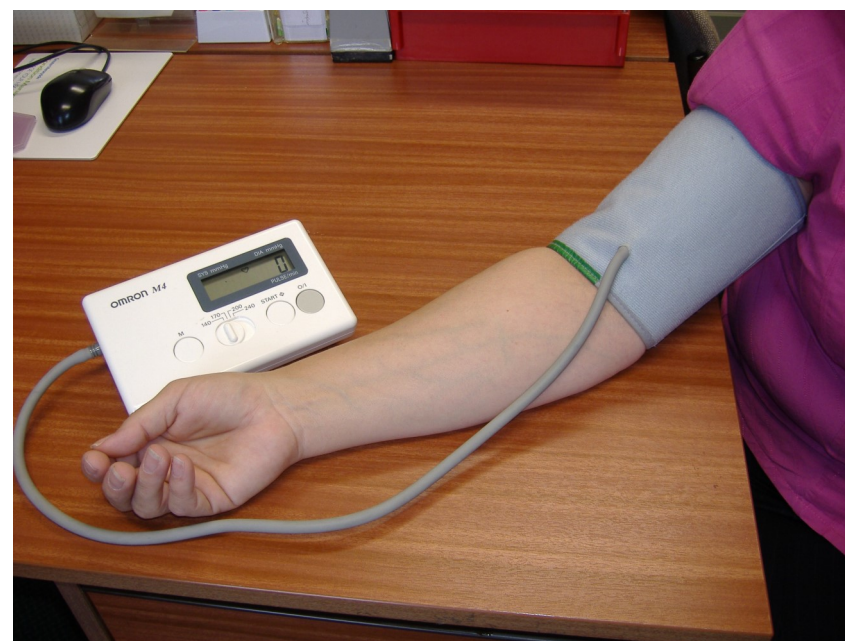
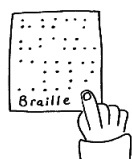


Blood Pressure



This leaflet tells you about having
your blood pressure taken

This leaflet is available in other languages or formats

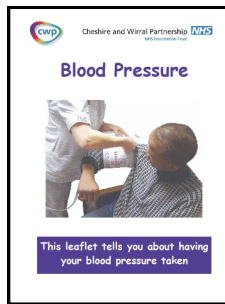


For more information see www.cwp.nhs.uk.

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Leaflet code: E-BP-06-096



This leaflet tells you what will happen when you have your blood pressure taken.

We have our blood pressure taken to make sure that we are healthy.



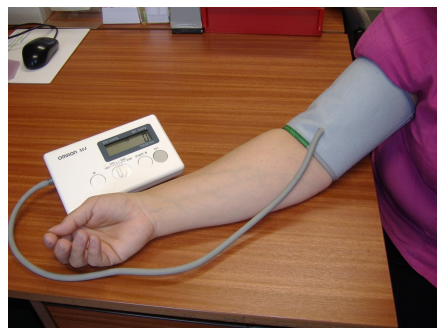
When we are healthy we feel happy.

A doctor or a nurse will take your blood pressure.

The doctor or nurse will put a band on your arm.

This band is called a cuff.

It will feel tight on your arm but it does not hurt.



The band on your arm is attached to a machine.

The machine will give the doctor or nurse a number.

This number is your blood pressure.



Sometimes the number can be high.

This means your blood pressure can be high.

Sometimes the number can be low.

This means your blood pressure can be low.

The doctor or nurse will tell you what your number is.

This is your blood pressure.

The doctor or nurse will write your number down.



The doctor or nurse will tell you things you can do to be healthy.