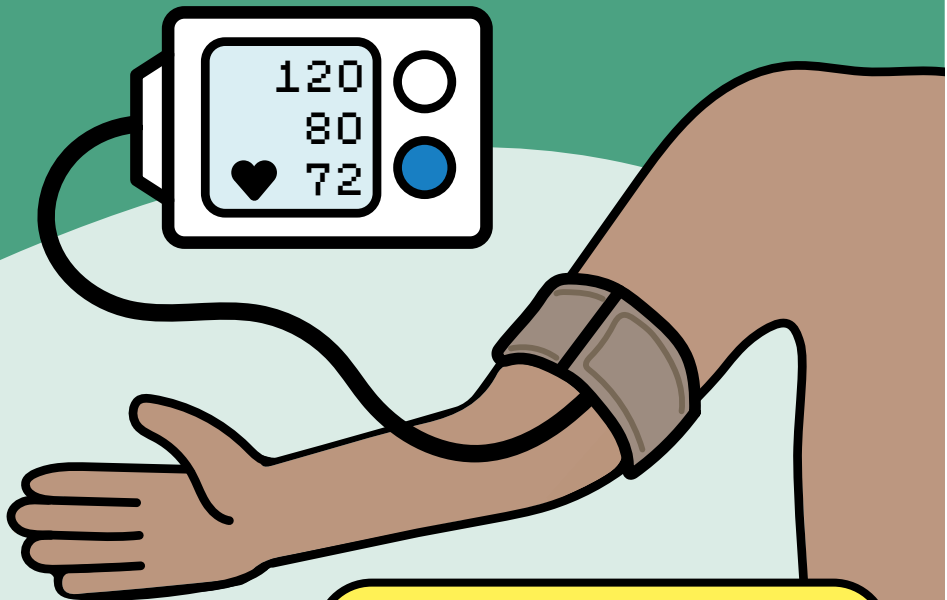


# Having your blood pressure taken

Information for patients



**Easy Read**

## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

## hospital

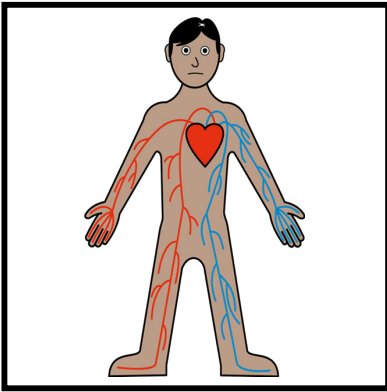


Medical staff might want to check your blood pressure.

## healthy heart

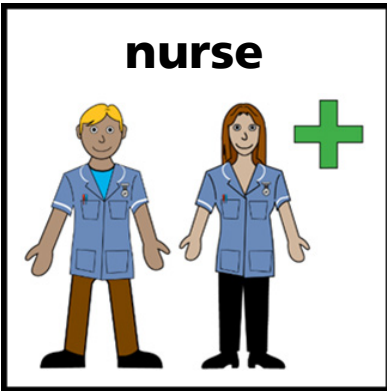


This is to check that your heart is doing what it should be doing.

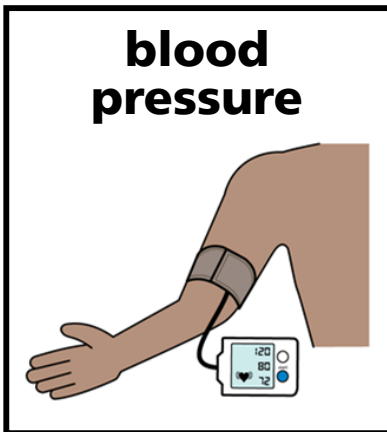


Your heart pumps blood around your body.

Your blood pressure tells us if it is doing this well.



The nurse or a member of staff will take your blood pressure.



This is a blood pressure cuff, it goes around your arm.

The cuff will tighten on your arm.

It might be uncomfortable.

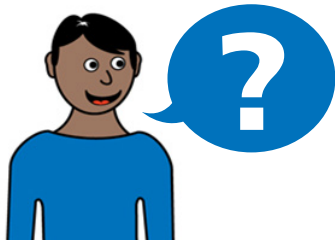
**2 minutes**



**file**



**speak**



It will take one or two minutes.

Then the nurse will take the cuff off.

The nurse will write down what number your blood pressure is.

Or they might put it on the computer.

You or your staff can ask the nurse what number your blood pressure is.

They will be able to tell you.

