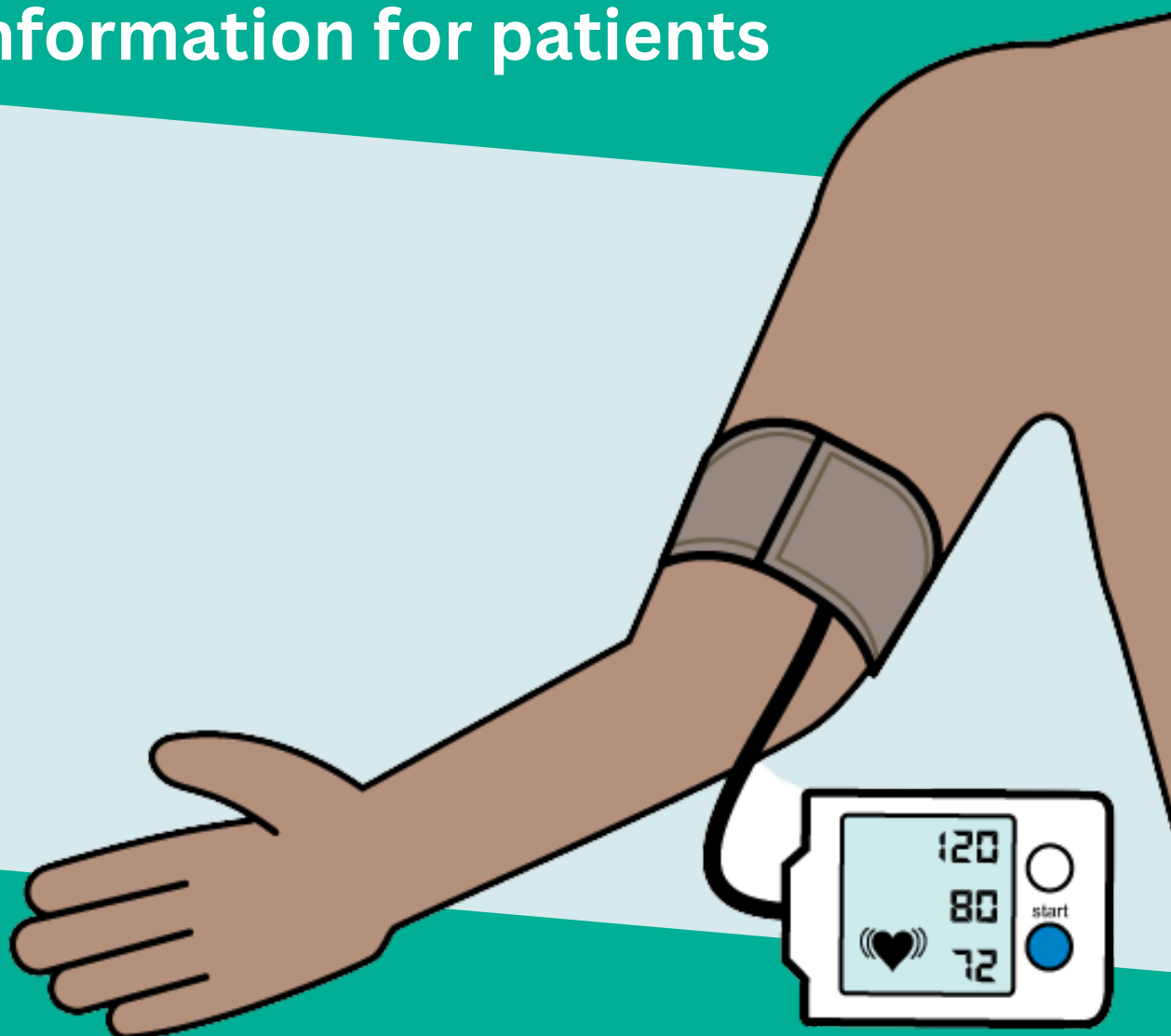




# Having your blood pressure taken

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



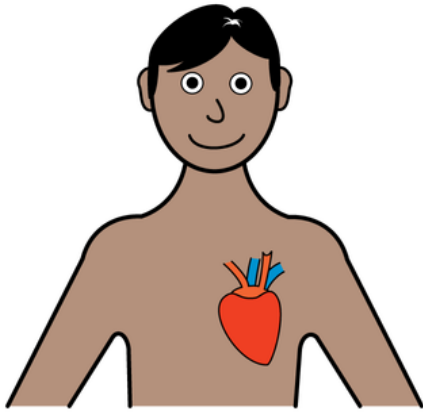
Medical staff might want to check your blood pressure.

## healthy heart



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

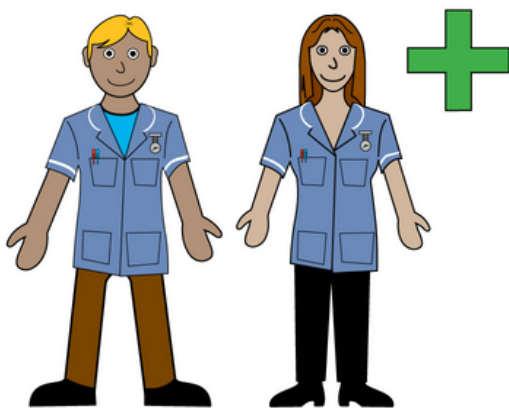
## heart



Your heart pumps blood around your body.

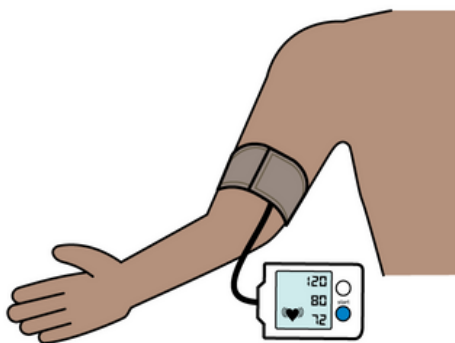
Your blood pressure tells us if it is doing this well.

## nurse



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

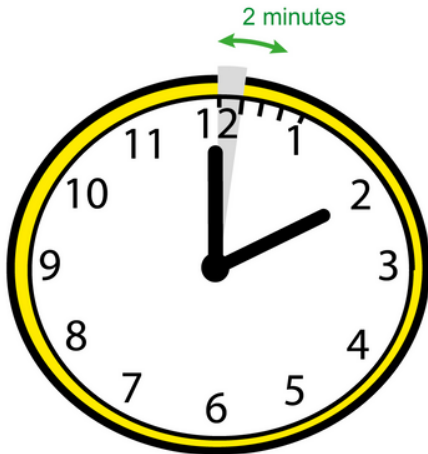
## blood pressure



This is a blood pressure cuff. It goes around your arm.

The cuff will tighten on your arm. It might be a bit uncomfortable.

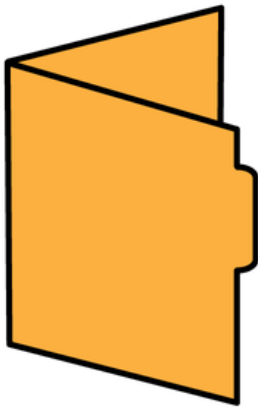
## 2 minutes



It will take one or two minutes.

Then the nurse will take the cuff off.

## file



The nurse will write down what number your blood pressure is, or they might put it on the computer.

## ask for information



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

They will be able to tell you.