

Blood Pressure Monitor Kit

Instructions

Contents

Stethoscope
Sphygmometer* (cuff with attached squeeze bulb and meter)

Blood pressure is a measurement of the pressure that is applied to the arteries as the heart pumps blood through them. Many factors, such as activity and temperature, have an effect on your blood pressure rate.

Blood pressure readings are based on systolic and diastolic measurements: **systolic** is the pressure on the arteries when the heart contracts, and **diastolic** is the pressure when the heart is at rest. Pressure is measured in mmHg or "millimeters of mercury." Normal blood pressure for adults is 120/70 mmHg (systolic over diastolic) and the range between low and high blood pressure is from 90/60 to 140/90.

*Sphygmometers are also known as "sphygmomanometers."

Directions

1. Assemble the stethoscope. We recommend sterilizing the earpieces with rubbing alcohol before using them.
2. Wrap the blood pressure cuff snugly around your upper arm, making sure that the meter is turned so that you can read it easily. It usually works best to put the cuff over bare skin.
3. Locate the brachial artery in your upper arm by feeling for the pulse along the inner side of your arm below the bicep. Put the stethoscope earpieces in your ears and move the bell end until it is on the brachial artery. Slide the bell up under the cuff. (You will not hear your pulse yet.)
4. **Tighten** the stopcock screw next to the squeeze bulb and then press the bulb to inflate the cuff. Tighten it to 180mmHg of pressure or 20 points above your last reading.
5. **Loosen** the stopcock slowly and listen as the air goes out. Remember what number the meter is at when you first hear a thumping sound in the stethoscope and the number when you last hear the thumping sound.
6. Your blood pressure is recorded as a ratio, the first number (systolic) over the last (diastolic) number, such as 110/70.

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