

Instructions for Using Your Blood Pressure Monitor

Dear User,

Thank you for choosing our blood pressure monitor. To ensure accurate readings, please follow the instructions below:

Preparation

- Rest for at least 5 minutes before taking your measurement.
- Ensure your bladder is empty; a full bladder can affect results.
- Avoid caffeine, smoking, and exercise at least 30 minutes prior.

Taking Your Measurement

1. Sit comfortably with your back supported and feet flat on the floor.
2. Place the cuff around your upper arm, with the bottom of the cuff about 1 inch above the elbow.
3. Make sure the cuff is snug but not too tight; you should be able to slip two fingers under it.
4. Rest your arm on a flat surface at heart level.
5. Press the start button on the monitor.
6. Remain still and quiet during the measurement.

After Measurement

Record your readings and the date/time. It's advisable to take two or three readings one minute apart for accuracy.

Frequency

Consult your healthcare provider on how often to monitor your blood pressure.

We hope these instructions help you in effectively using your blood pressure monitor.

Sincerely,
Your Health Team