



Measurement instructions






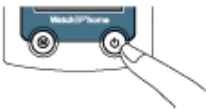
Recent studies have demonstrated the importance of home blood pressure measurement in making accurate diagnoses of hypertension and, in the long-term, managing patients with hypertension. However, the value of home measurements depends very much on correct blood pressure measurement technique.

Each month you measure the blood pressure for 7 consecutive days:

- in the morning two consecutive times. For instance immediately after you wake up.
- In the evening two consecutive times. For example just before you are go to sleep.

The average of these measurements is used for the treatment of high blood pressure.

Below are seven simple steps designed to help you obtain more accurate home blood pressure measurements.

 	<p>Step 1</p> <p>Avoid taking measurements directly after eating, drinking, or smoking. Allow at least one hour between these activities and measurement of your blood pressure.</p>
	<p>Step 2</p> <p>Remove all clothing covering or constricting the measurement arm. Apply the cuff. Make sure the lower edge of the cuff is 2–3cm from the inner fold of your arm. The tube connecting the cuff to the device should be placed on the inside of the arm.</p>
	<p>Step 3</p> <p>Sit down and relax for at least five minutes prior to the measurement.</p>
 	<p>Step 4</p> <p>You sit on a chair at a table to take the measurement. The chair should have a vertical back-rest so you can sit upright. Put your arm on the table, sit up straight against the chair's backrest and now measure your blood-pressure.</p> <p>When you measure with the Watch BP home: the button on the side should stand on "D". Press the start button. The device will initiate a 60-second countdown. During the measurement do not move or tense your muscles. Breath normally and do not talk.</p>



Step 5

After the first reading is done, relax and wait until the second reading. This one starts after 60 seconds. Between these intervals you should not move.

If you use another blood pressure meter than the the WatchBP at home: measure the blood pressure twice with a 60 seconds interval. If you use a meter which does not store the measurements, write them down.



Step 6

If you measure with the WatchBP home: Once the two readings are complete, measurement data are automatically stored for future reference. They can be referred to later by you and your doctor. If an error displays after the readings, please repeat the first six steps once again.



Step 7



After seven days of measurements have been collected:

When you measure with the Watch BP home: There will be a symbol with two people on the screen. Press one time on “M” and read the average measurements of the preceding week. Write these values down. You can make a printout yourself on the computer. Erase the memory, otherwise it is not possible for the next week to measure with the button on “D”. Press for erasing the “M”button for 5 seconds till a dustbin appears on the screen. Press after this once on the “M”button. If you have questions about the blood pressure device bring it with you to the following consultation. Do not forget to bring the printout of the average measurements with you, to the consultation.

If you measure with another blood pressure device we ask to bring the list with measurements and your blood pressure device with you on the next consultation. If you have any questions about the blood pressure device, bring the device with you to your next consultation.

Source: <http://www.watchbp.com/patients/correctbp/>

Links:

European Society of Hypertension www.eshonline.org

My simple guide to high blood pressure www.my-hypertension.org

British Hypertension Society www.bhsoc.org

American Society of Hypertension, Inc. (ASH) www.ash-us.org

With kind regards,
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