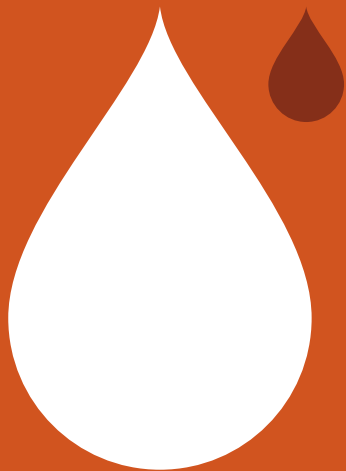


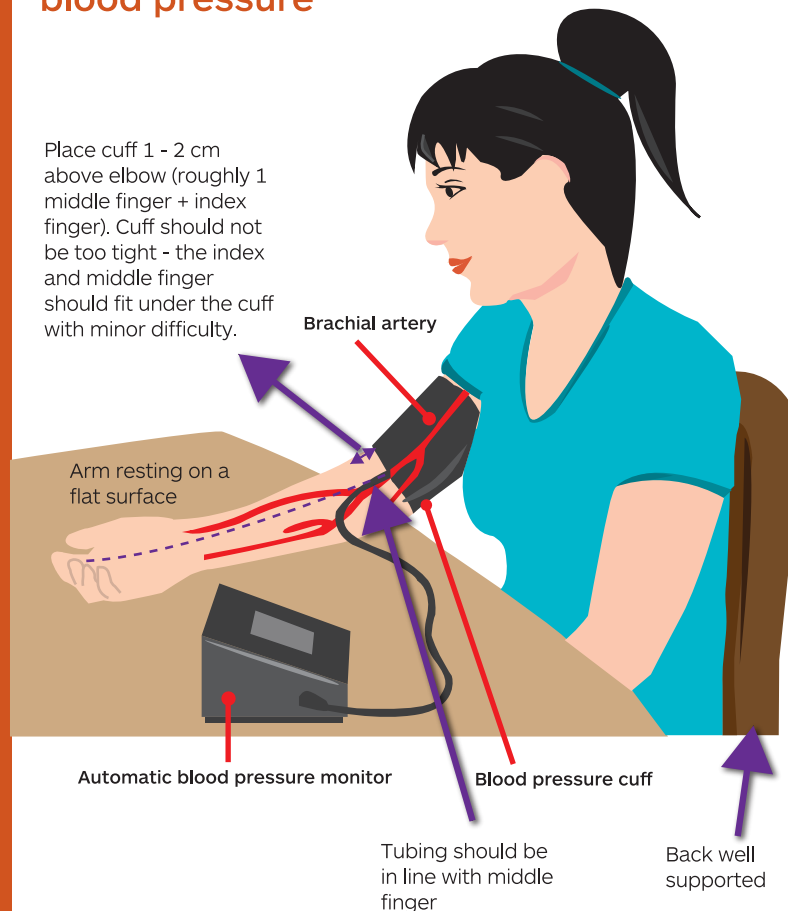
# Ups + Downs



Monitoring and managing  
your blood pressure

## Monitoring and managing your blood pressure

Place cuff 1 - 2 cm above elbow (roughly 1 middle finger + index finger). Cuff should not be too tight - the index and middle finger should fit under the cuff with minor difficulty.



Tips on blood pressure measurement and monitoring:

- Sit quietly for 5 minutes, with your feet on the floor and back well supported. Your arm should be resting on a flat surface, with the upper arm at heart level.
- Place your cuff such that the tubing runs down the centre of your arm, in line with the middle finger.
- Read the blood pressure reading from the monitor screen and record the readings in a blood pressure monitoring diary. Make sure you enter the dates and timings of when the readings are taken.
- Do not smoke, take caffeinated drinks or exercise 30 minutes before taking your blood pressure.
- Show your doctor your blood pressure readings at your next appointment.

### Postural Hypotension

If you are taking medicines to manage your high blood pressure, you may experience some giddiness when standing up or sitting up too quickly. This is because your blood pressure medicine is working to lower your blood pressure. Be careful when changing your posture to allow your body to get used to the effects of your medicines. Stand or sit up slowly from a sitting or lying position. Avoid any sudden movement to prevent dizziness.

Scan the QR code to find out more about

- How to understand your blood pressure readings
- Other types of blood pressure monitors

