

Having your blood pressure checked

Easy Read Information Leaflet

Having your blood pressure checked will let us know if you are unwell.



1. A nurse (or doctor) will tell you why they want to take your blood pressure.



2. They will put the cuff around your arm.



3. They will fill the cuff with air.
The cuff will feel tight.



4. They will remove the cuff from
your arm.



5. They will tell you what your blood
pressure is.



6. They will write down what your blood pressure is.