



For your safety, the blood pressure machine should not be switched on whilst driving.

During the 24 hours:

you should not do any vigorous sport or use machinery you are asked not to shower or bath

The recorder is programmed to take your blood pressure automatically halfhourly during the day and hourly at night (2300-0700). Once switched on you do not need to do anything else to it.

You should be seated and remain QUIET and STILL while the recorder is taking your blood pressure and avoid any sudden movement.

When the recorder starts to take a measurement SIT DOWN if possible. Rest the arm with the cuff on it on the chair arm or table, with the hand relaxed and the palm facing upwards. If you cannot sit down, rest your arm on your midriff until you feel the cuff deflate.

The measurement process may take 20-30 seconds. Do not worry if the cuff inflates again – this is perfectly normal.

When the machine is switched off only the current time is displayed To switch the machine on press and hold the black button marked AUTO ON/OFF

A small A will appear in the top left hand corner

The machine will now automatically take your blood pressure

To switch the machine off press and hold the black button marked AUTO ON/OFF. The small A will then disappear.

Please switch the machine off after you have completed the 24 hours and remove the cuff.

If a 'B' is displayed on the screen this indicates the batteries are low. In the unlikely event of this happening, or if there are any other problems, please contact us. In an emergency the machine can be switched off and the cuff removed.

Have a normal day. Do not spend the day relaxing!





Date recording commenced:

Patient Details and Diary

Test reading (mmHg):

Full name:

