

# Guide to using Self-Monitoring Devices



## Blood Pressure Monitor

Monitoring blood pressure at home enables the tracking of your blood pressure and allows you to inform your doctor about your out-of-clinic blood pressure, which may differ from your clinic blood pressure.

### **Aim for Blood Pressure Control**

**\*consult your doctor to know your blood pressure levels**



For most patients  
**below 135/85 mmHg**



If you have diabetes, kidney disease, stroke or heart disease  
**below 130/80 mmHg**



If you are aged more than 80  
**below 150/90 mmHg**

Please scan the QR code for more information on high blood pressure.



If you have any further questions on the self-monitoring devices, you can talk to our health counsellors. To make an appointment with our health counsellors, call (+65) 66436969.

# How to Measure Your Blood Pressure at Home



Polyclinics  
SingHealth



1



- Prepare your blood pressure set & record chart.

- Avoid food, caffeine, tobacco and alcohol for 30 minutes before taking measurement. We recommend to check your blood pressure soon after waking and before you sleep.

2



Connect the tubing of the cuff to the blood pressure set.

3



Sit and rest comfortably for five minutes before measurement. Do not cross the legs.

4



Spread open the cuff.

5



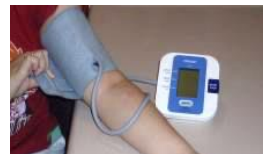
Slide your arm into the cuff and wrap it around your arm, not your sleeve.

6



Ensure that the cuff tubing is over the middle of your arm, just above your elbow.

7



Wrap the cuff snugly over your upper arm, and secure it with the velcro.

8



Rest your arm on the table at the same level as your heart.

9



Press the 'Start/ Stop' button, and wait for the cuff to automatically inflate.

10



Do not talk or move while taking your blood pressure. Remove the cuff once the readings are shown on the screen.

11



- Copy your blood pressure (upper and lower), and pulse rate from the display window into your record sheet and switch off the machine.
- You may repeat the reading 5-10 minutes later if it is high.

PATIENTS. AT THE HEART OF ALL WE DO.®

Images credit: Flaticon