



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Managing High Blood Pressure Resources

Taking your blood pressure with a manual monitor

1. Locate your pulse of the brachial artery by lightly pressing your index and middle fingers to the inside center of your elbow.
2. Slide your arm into the cuff and make sure it is snug but not too tight. The bottom edge of the cuff should be about an inch above the bend of your elbow. Place the stethoscope head over the brachial artery. Place the stethoscope ear pieces in your ears.
3. Turn the screw on the bulb to close the airflow valve, and squeeze the bulb to inflate the cuff. Listen to your pulse in the stethoscope and watch the gauge. Keep squeezing the bulb until the gauge reads about 30 points above your expected systolic pressure. You should no longer hear your pulse in the stethoscope. Slowly release the pressure opening the airflow valve on the bulb. Listen carefully, and as soon as you hear the first pulse beat, note the reading on the gauge. This is your systolic pressure. Continue to listen until the sound disappears. When you can no longer hear your pulse beat, note the reading. This is your diastolic pressure.
4. Allow the cuff to completely deflate.

Please note: If you could not hear your pulse or you released the pressure too quickly, wait one minute before repeating the measurement.

Taking your blood pressure with a digital monitor

1. Slide your arm into the cuff and make sure it is snug but not too tight. The bottom edge of the cuff should be about an inch above the bend of your elbow. Hold the bulb in your right hand.
2. Turn the monitor on. The display symbols should flash briefly, then show a zero. This means the monitor is ready. Squeeze the bulb to inflate the cuff. If your monitor automatically inflates, press the start button. Sit still. The readings will display on the screen. Systolic pressure usually appears on the left and diastolic pressure usually appears on the right.
3. Allow the cuff to deflate.

Please note: If you could not hear your pulse or you released the pressure too quickly, wait one minute before repeating the measurement.

For more information, visit

[my.clevelandclinic.org/transplant/
services/lung/blood_pressure_home.aspx](http://my.clevelandclinic.org/transplant/services/lung/blood_pressure_home.aspx)