

This leaflet was developed in partnership with

Wirral Primary Care Trust

Western Cheshire Primary Care Trust

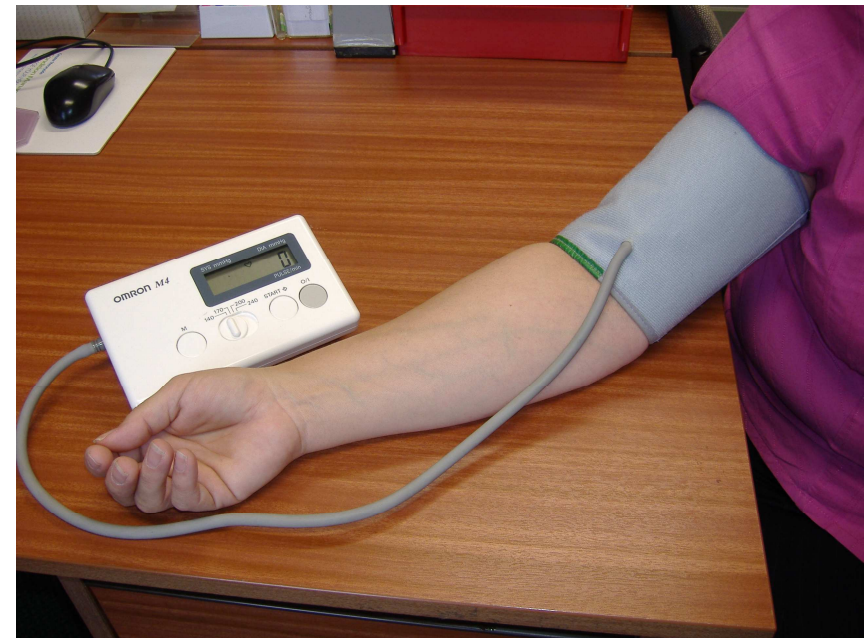
Central and Eastern Cheshire Primary Care Trust

In 2010 and has since been reviewed.

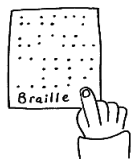


Cheshire and Wirral Partnership   
NHS Foundation Trust

# Blood Pressure



This leaflet is available in other languages or formats



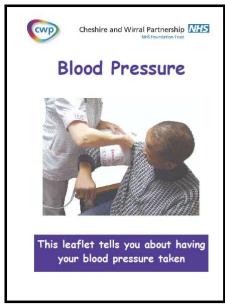
For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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The information in this leaflet was valid at the date of production **November 2017** and is due for review in **November 2019**.

Leaflet code: E-BP-06-096

This leaflet tells you about having  
your blood pressure taken



This leaflet tells you what will happen when you have your blood pressure taken.

We have our blood pressure taken to make sure that we are healthy.



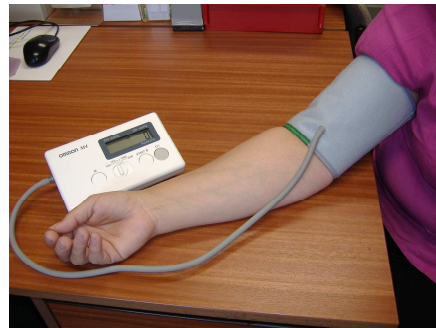
When we are healthy we feel happy.

A doctor or a nurse will take your blood pressure.

The doctor or nurse will put a band on your arm.

This band is called a cuff.

It will feel tight on your arm but it does not hurt.



The band on your arm is attached to a machine.

The machine will give the doctor or nurse a number.

This number is your blood pressure.



Sometimes the number can be high.

This means your blood pressure can be high.

Sometimes the number can be low.

This means your blood pressure can be low.

The doctor or nurse will tell you what your number is.

This is your blood pressure.

The doctor or nurse will write your number down.

The doctor or nurse will tell you things you can do to be healthy.

