

# Blood Pressure

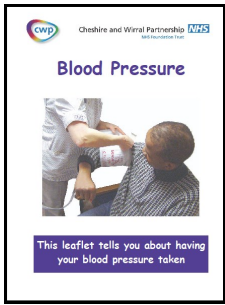


This leaflet tells you about having  
your blood pressure taken

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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.



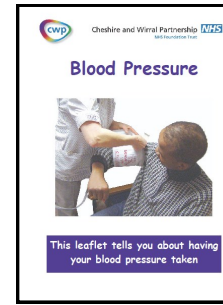
When we are healthy we feel happy.

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.



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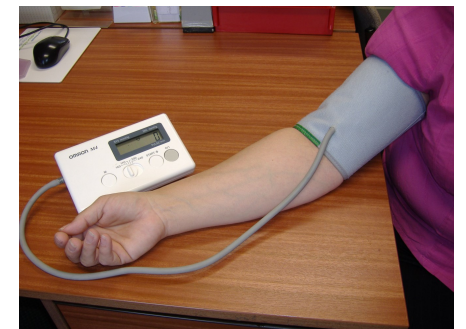
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The doctor or nurse will put a band on your arm.

This band is called a cuff.

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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.



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This number is your blood pressure.



Sometimes the number can be high.

This means your blood pressure can be high.

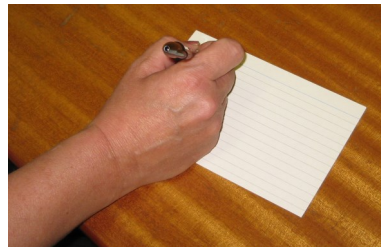
Sometimes the number can be low.

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.



Sometimes the number can be high.

This means your blood pressure can be high.

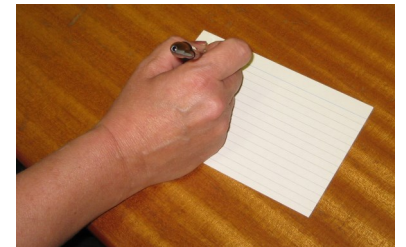
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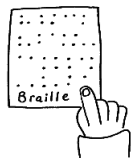
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The doctor or nurse will tell you things you can do to be healthy.

This leaflet is available in other languages or formats



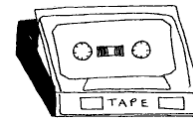
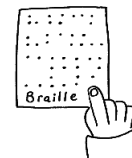
For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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