

# CHECKING

## BP AT HOME



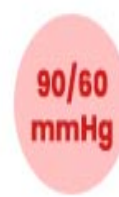



Home measurements of blood pressure can be reliable if done right. Here is how to do it.

### Measuring BP with a digital monitor

- 1 Follow the manufacturer's instructions.
- 2 Wrap the cuff around the bicep of the child.
- 3 Turn on the machine.
- 4 Note the readings after the automatic inflation and deflation of the cuff.



### General guidelines to monitor BP at home

-  Research about the BP monitor before its purchase.
-  Confirm the accuracy of the device with the help of a doctor.
-  Know the standard BP values.
-  Request your child to remain calm during the reading.
-  Try to take the readings twice to confirm the results.
-  Confirm any suspicious readings with a doctor.

