



# Tensoval®

## Important notes concerning self-measurement of blood pressure using oscillometric blood pressure monitors.

### Regular measurements provide safety

Each person has roughly 100.000 single blood pressure values per day. That is why only regular measurements taken at the same daytime and over a longer period of time enable a useful evaluation of blood pressure values. Enter the measured values along with taken drugs, the date and time of consumption into your blood pressure diary.

### Only measure when being relaxed

Take a rest for approximately two to three minutes before each measurement. Sit relaxed in an upright position. Consider: Even desk work increases the blood pressure by 6mm Hg (systolic value) and 5mm Hg (diastolic value) on average.

### Many factors lead to variations of your blood pressure

A full bladder causes an increase in blood pressure of approx. 10mm Hg.

### Putting on the right cuff correctly

Check both a proper cuff size and a proper fit of the cuff.

### Quietness during the measurement

Don't talk and move during the measurement. Talking elevates your values by 6 to 7mm Hg.

### Waiting period between first and following measurement

A repeated measurement should be started not earlier than a minute after the prior measurement.

### Cardiac arrhythmia limits the use of oscillometric blood pressure monitors

Certain cardiac arrhythmia lead to error messages or wrong measurement results when using the oscillometric measurement method. Your physician can give you more detailed information. In cases of doubt please use a blood pressure monitor with a stethoscope or microphone.

### Change therapy only after consulting your physician

The different dosages of pharmaceuticals shall not be changed without consulting your doctor.

Please find more information in the extended manual or from [www.hartmann.info](http://www.hartmann.info).



## Eleven golden rules of blood pressure measurement.



1. Always measure at the same daytime



2. Don't consume coffee or smoke cigarettes an hour before measuring your blood pressure



3. Measure after a rest period of approximately two to three minutes resting while sitting relaxed



4. Don't measure if you must pee badly



5. Study the manual before measuring



6. Hold the cuff as high as your heart whilst measuring



7. Don't move during the measurement process



8. Don't talk during the measurement process



9. Rest for one to two minutes in between the measurements



10. Enter the values into your personal blood pressure diary



11. Measure your blood pressure regularly