

Important notes for self measurement

_ Self measurement of blood pressure does not replace either treatment or regular check-ups by your doctor. The drug dose prescribed by your doctor may therefore on no account be altered without consultation.

_ Self-measurement of blood pressure must be conducted regularly and over a long period of time. With the assistance of the blood pressure values recorded regularly by you in your blood pressure diary, high blood pressure can be detected early and your doctor can initiate optimal treatment. Individual readings are situation-related and thus are not useful.

_ In order to compare values, it is important that you always take your blood pressure at rest. So you should relax for 5 minutes before taking a measurement.

_ Even slight changes in internal and external factors (e.g. deep breathing, stimulants, talking, excitement, climatic factors) lead to fluctuations in blood pressure. This is why your doctor and pharmacist often obtain different readings.

_ Measure your blood pressure regularly in the morning and evening at about the same time, as blood pressure fluctuates during the course of the day.

_ You should not move or talk during the measurement process.

_ Always measure blood pressure on the naked upper arm, and make sure that items of clothing rolled up do not impair circulation. Always measure blood pressure on the same arm and rest the arm, relaxed on a support.

_ The cuff is suitable for an upper arm circumference of between 22 and 32 cm. Outside these limits correct readings may no longer be guaranteed.

_ When taking repeated measurements, relax for at least one minute between measurements as otherwise false results are obtained.

_ In severe cardiac arrhythmias (cases of disturbed heart rhythm), measurements should only be taken with out consulting your Doctor. Due to the oscillometric measuring method, measurements taken with this device may in some instances be false or fail to produce a reading (Err).

_ Monitoring blood pressure is extremely important during pregnancy, as blood pressure may be altered by the pregnancy. The results should, however, only be interpreted in consultation with the doctor.