



# Correct Way of Taking Blood Pressure

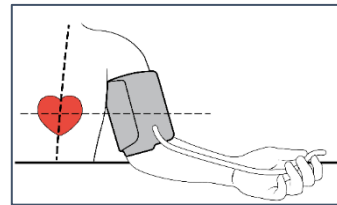
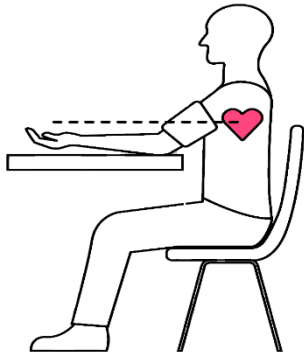
## Cara memeriksa tekanan darah dengan betul

①



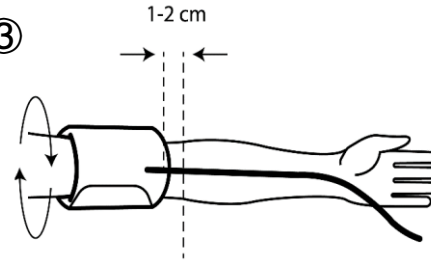
- Please do not smoke, consume food or any drinks containing caffeine or exercise 30 minutes before taking blood pressure.
- Elakkan daripada merokok, mengambil makanan atau minuman yang mengandungi kafein atau bersenam 30 minit sebelum mengambil tekanan darah

②



- Sit upright with your back straight.
- The arm cuff should be placed on your arm at the same level as your heart.
- Relax your hand.
- Sit comfortably on a chair with your feet flat on the floor.
- Duduk tegak dengan menyandarkan belakang anda
- Pastikan kuff diletakkan sama paras dengan jantung anda
- Rehatkan tangan anda
- Duduk dengan selesa di kerusi dan pastikan kedua-dua tapak kaki diletak rata di atas lantai

③



- Cuff to be 1 to 2cm above elbow.
- Air tube to run down arm, in line with middle finger.
- Kuff diletakkan 1 hingga 2cm atas paras siku
- Tiub angin di jalankan ke arah bawah lengan sebelah dengan jari tengah

④



- Avoid moving or talking when taking measurement.
- Elakkan daripada berbual atau bergerak semasa memeriksa tekanan darah



You should measure your blood pressure:

- 1) In the morning and evening for at least 4 - 7 consecutive days
- 2) Always repeat the measurement at least 2 minutes later

Follow steps 1 and 2 more frequently if you wish, but especially when:

- There are changes to your blood pressure medication
- You are feeling unwell

Anda seharusnya memeriksa tekanan darah:

- 1) Pada waktu pagi dan malam sekurang-kurangnya selama 4 – 7 hari berturut-turut
- 2) Senantiasa ulangi pemeriksa tekanan darah 2 minit kemudian

Ulangi cara 1 dan 2 lebih kerap, apabila

- Ada pertukaran kepada ubat tekanan darah anda
- Anda berasa kurang sihat