

Equipment Instructions



By your side

Introduction

In these few slides we hope to give you the basic instructions to get you started with your home monitoring equipment. Additional detailed information is in the instruction manuals provided. Support may be needed to access the information in the instruction manuals as the writing is very small.



By your side

Blood Pressure Monitor



Blood Pressure Monitor Set Up

- Place the 4 AA batteries provided in the back of the monitor.
- Click cuff into blue port on left hand side of monitor.
- Ensure screen is blank on blood pressure monitor.
- The monitor can record results for one or two people.
- Record your results on the sheet provided.



Taking your Blood Pressure

- Place cuff around left arm a couple of centimetres above elbow if possible.
- Position tubing to run down the centre of the inside of your arm.
- Press start!
- The result should come up on both the monitor and the app screen on your phone.
- Additional detailed information is in the instruction manual provided.



Position Of Cuff



Talking Scales

- Insert the 3 AAA batteries provided.
- The left hand white button on the back of the scales is to change between units- kg/lbs/stones. Default is kgs.
- The right hand white button on the back of the scales is for the language option. Default is English.
- Underneath the buttons is a little black slider button which controls volume. Default is left which is high.



Weighing Scales



Back of the Scales



Taking Your Weight

- Place scales on a hard flat surface and stand on them.
- The scales say hello and then read your weight to you.
- You can then record your result.
- The scales do not store any data.
- Try to take your weight at the same time of day (ideally morning) wearing similar clothing and no shoes.



Using Scales

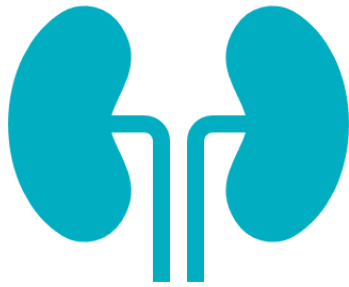


What To Do With Your Results

- Please take all measurements monthly and record on sheet enclosed with equipment.
- Please take a photo, scan or post your sheet every three months to the medical Team.
- If you are concerned about your blood pressure reading please relax and then repeat.



Support



How will you know if your blood pressure / blood glucose is ok?



What type of feedback and support can you expect?

Home Blood Sample Kits

- It can be difficult to organise local blood tests before clinics
- We now have a new service where blood sample kits are sent to your home
- Full instructions are provided in the kits
- A link to a short video explaining how to take your blood sample will be added to charity websites

<https://www.exeterlaboratory.com/instructions/>

- The sample needs to be taken from your child/young person's finger
- You will need to post your blood sample back in the envelope provided

