



DOCOBOAPP™
Peripheral Devices:
Recording blood
pressure

Recording blood pressure

Your blood pressure monitor (sphygmometer)

Will look like this (or similar) and is used to measure your blood pressure.



Taking your blood pressure

1. Rest for at least 5 minutes before taking blood pressure
2. When the question arises that prompts for blood pressure measurements, pick up the blood pressure monitor that has been provided
3. Place the cuff onto the upper arm as described overleaf **IMPORTANT: Please read instructions overleaf to position the cuff properly**
4. Rest the arm on a table/cushion and remain still, do not talk or cough
5. Press the start button on the monitor and sit until your measurements are displayed

Systolic Top number

Diastolic Number below systolic

Pulse Bottom number

TIP: Write down the measurement as the monitor may turn off!

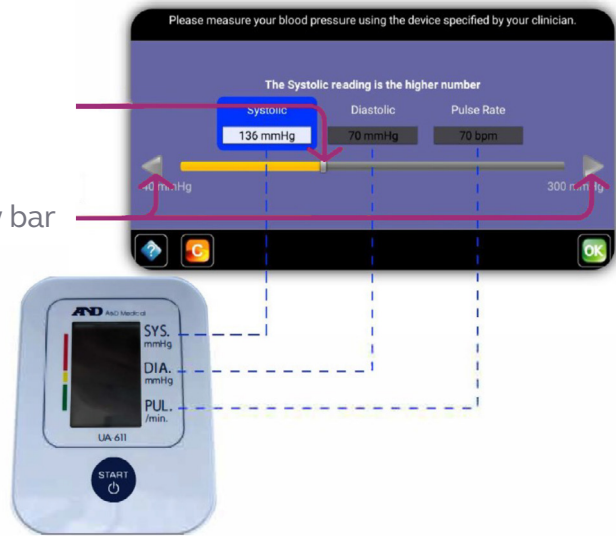
Recording blood pressure levels

6. To accurately enter measurements:

Drag grey slider up or down the yellow bar

Tap grey arrows at either end of the yellow bar

7. When the correct measurements has been entered, press

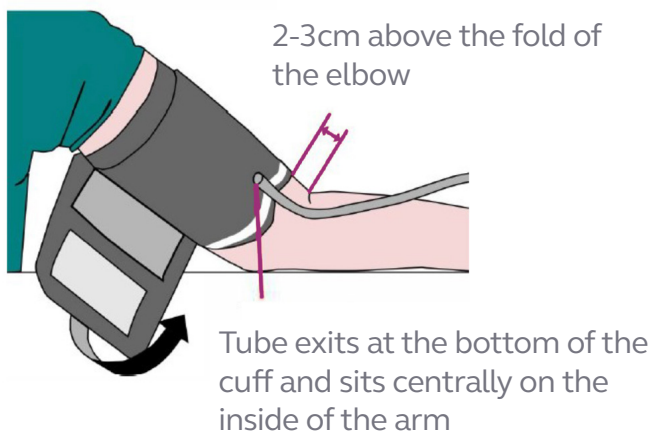


Positioning the cuff

Rest the arm on a table/cushion and position the cuff at approximately the same height as the heart

Ensure the grey air tube is exiting at the bottom of the cuff and is sitting centrally on the inside of your arm.

Ensure it points downwards on the inside of the arm as shown



Note: If you are unsure how to position the cuff correctly, contact a clinician from your care service for guidance



For technical assistance call 01372 899031

Graphnet 
Transforming Care

Docobo is a wholly owned
subsidiary of Graphnet
Health Limited
Docobo
21 High Street Bookham
Surrey KT23 4AA

Graphnet Health Limited
Ground Floor
Building 5 Caldecotte Lake Drive
Caldecotte
Milton Keynes
Buckinghamshire MK7 8LE

T +44 (0)3330 771 988
E info@graphnethealth.com
www.graphnethealth.com