

How to Use the Tel-O-Graph GSM plus Blood Pressure Device



Correct cuff positioning

Positioning the blood pressure cuff:

- Measure your blood pressure whilst sitting in a quiet room after you have rested for 5 minutes
- Position the cuff on the upper arm
 - The cuff should be on the arm and not over any clothing – avoid having tightly rolled up sleeves above the cuff as this can give inaccurate readings
 - The bottom of the cuff should be around 2.5cm (2 fingerbreadth) above the elbow (see picture)
 - The arrow next to the word “ART” should point towards the middle of the crook of you arm (see picture)
- Rest your arm on a table and sit with your legs uncrossed during the reading

Taking Blood Pressure Readings:

- Press the blue button with an arrow to turn on the device. A symbol showing a person sitting down will appear.
- Press the blue button again to start taking the blood pressure measurement
 - The device takes advanced measurements and so may take longer than other blood pressure devices and may inflate several times





- The device will make a noise when the reading is finished and will display your blood pressure on the screen.
- Your blood pressure reading will be automatically sent to the study team via an inbuilt mobile phone transmitter.
- Repeat the blood pressure reading after waiting at least one minute

Important points:

- **Measure your blood pressure in the morning, before taking your blood pressure tablets, and at night, close to the time you go to bed.**
- **Always take two blood pressure readings at least one minute apart**
- **Try to use your device in a part of your home with good mobile phone reception**

Error Messages:

- The blood pressure device may occasionally show an error message, and will make a beeping noise to alert you to this
 - If the message says “**Err**” followed by a number this is usually due to moving your arm during the reading, or having the cuff positioned incorrectly. Try repositioning the cuff and keeping your arm very still
 - If the message says “**Cod**” followed by a number try taking the readings in a place you normally get good mobile phone reception
 - If the device will not turn on at all then try changing the batteries (4x AA batteries)
 - If the device is still not working contact the study team who can assess the problem in more detail (Insert local site contact details)