Checking your pulse and blood pressure

What happens and why the checks are important
If you are ill and come to hospital, you will have your pulse and your blood pressure checked.

Your heart beats to push blood through your body.

This beating is called your pulse.

The blood is pumped to every part of your body in tubes called arteries.

The blood presses on the sides of the arteries.

This is called blood pressure.

Doctors and nurses need to check your pulse and your blood pressure. This helps them find out how ill you are.
The nurse can check how fast your pulse is by feeling your wrist and checking the time.

Or the nurse may check your pulse by putting a small clip on your finger. The clip is joined to a machine that measures your pulse. This will not hurt.

The nurse can check your blood pressure by putting a band on your arm. The band will get very tight.

It will feel strange. But it will not hurt you, and will only last a few seconds.

If you are not happy about something, ask the staff to get you a PALS worker. They can help to sort out your problems.
More information for people with learning disabilities and their carers can be found on the Trust website at:

www.easyhealth.org.uk and www.kingstonhospital.nhs.uk

You can get these leaflets in Easy Read from the hospital:

- Having an x-ray
- Having a scan
- Having a general anaesthetic
- Going into hospital
- Going to A&E
- Coming to outpatients

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