

Blood Pressure

When you have diabetes you are more at risk of complications if you have high blood pressure. You will get your blood pressure checked at your annual review appointment.

What happens in the clinic?



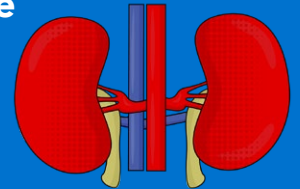
Your blood pressure will be measured with an electronic machine, often called a monitor or dinamap, or by the nurse with a manual cuff.



A cuff is wapped around your upper arm, which squeezes for a few seconds to take a reading. It can feel a bit tight, but it isn't painful.

High blood pressure puts extra strain on kidneys and blood vessels, which makes it harder for blood to flow around your body.

Over time, this can increase the risk of complications linked with diabetes, particularly kidneys.



Remember, if you wear a sensor or a pod on your arm, to make sure you have a free arm before your appointment so that the blood pressure meter can be wrapped around your upper arm.



You will get your results straight away. The reading on the monitor will let the nurse know if your blood pressure is too high, too low or just right. They will let you know what target level is right for you and will give you information and advice about keeping it in a good range.

Coming into hospital can sometimes make you worried, which can make your blood pressure higher than usual. If this is the case, you may prefer to have your blood pressure measured at your GP surgery.

