

Having your pulse checked

Information for patients



Easy Read

easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

hospital



Medical staff might want to check your pulse.

healthy heart

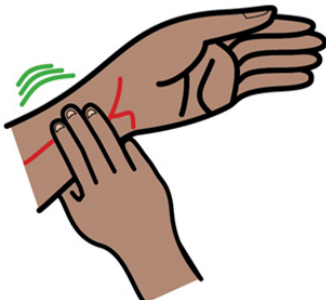


Your pulse tells us if your heart is beating at a healthy speed.

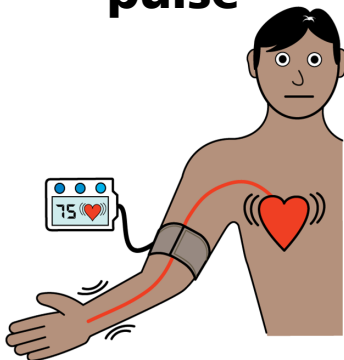
2 minutes



pulse



pulse



It will take between one or two minutes and it doesn't hurt.

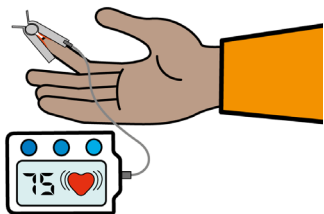
Your pulse can be checked by the nurse touching your wrist.

They can feel the blood moving in your body.

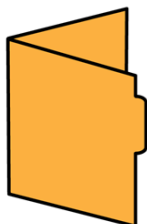
Or the nurse might check your pulse with a blood pressure cuff.

There is another leaflet on this.

pulse oximeter



file



speak



you might be asked to put your finger in a small machine.

It doesn't hurt and it takes your pulse.

The nurse will write a number down in your file.

This is how fast your pulse is.

You can ask staff what your pulse is, they will tell you.

