

# Getting my Blood Pressure Taken at the Doctor's Office

## Series 1

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When I go to the doctor's office for a check-up, the nurse or doctor might check my blood pressure.

Blood pressure is how the doctor checks how hard my heart is working. It helps the doctor know how strong my body is on the inside. Everyone gets their blood pressure checked—kids, teenagers, and adults.



To take my blood pressure, the nurse or doctor will use a special soft band. This band is called a blood pressure cuff. It goes around the top part of my arm.

The cuff might look like a small wrap or sleeve. It has a long tube attached to a machine. The machine helps the doctor measure my blood pressure.



Once the cuff is on my arm, it will start to get a little tight. The cuff fills with air and gives my arm a gentle squeeze. It might feel snug or funny, like a big hug for my arm. I can stay still and calm while it squeezes. I can hold someone's hand or take deep breaths if I want to.



The squeeze only lasts a few seconds—then the cuff gets loose again. The machine might make some beeping sounds while it works. This is normal and means the machine is doing its job.

The doctor or nurse will look at the numbers on the machine. These numbers help show how well my heart is working. This is an important part of keeping me healthy.



If I feel unsure or nervous, I can:

- Ask someone to explain what is happening
- Use calming breaths
- Hold a toy in my other hand



When it's done, I can feel proud. I stayed calm and did something good for my health.



# Autism TOOLKIT

[autismtoolkit.org](http://autismtoolkit.org)

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