

Know Your Pulse in four steps

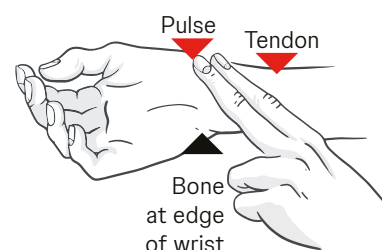
- 1 To assess your resting pulse rate in your wrist, sit down for 5 minutes beforehand. Remember that any stimulants taken before the reading will affect the rate (such as caffeine or nicotine). You will need a watch or clock with a second hand.



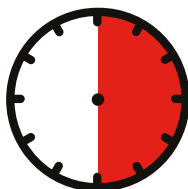
- 2 Take off your watch and hold your left or right hand out with your palm facing up and your elbow slightly bent.



- 3 With your other hand, place your index and middle fingers on your wrist, at the base of your thumb. Your fingers should sit between the bone on the edge of your wrist and the stringy tendon attached to your thumb (as shown in the image). You may need to move your fingers around a little to find the pulse. Keep firm pressure on your wrist with your fingers in order to feel your pulse.



- 4 Count for 30 seconds, and multiply by 2 to get your heart rate in beats per minute. If your heart rhythm is irregular, you should count for 1 minute and do not multiply.



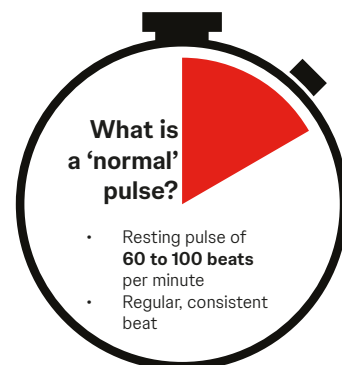
Record your pulse here

Day	Result		Activity (e.g. after a run)
	am	pm	
1			
2			
3			
4			

When should you seek further advice?

- ♥ If your pulse seems to be racing some or most of the time and you are feeling unwell.
- ♥ If your pulse seems to be slow some or most of the time and you are feeling unwell.
- ♥ If your pulse feels irregular ("jumping around"), even if you do not feel unwell.

Irregularity is quite difficult to assess since the normal pulse is a bit irregular, varying with the phase of respiration. You should see your doctor if you have a persistent heart rate above 120 bpm or below 40 bpm.



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