

Virtual Hospital at Home

How to use:

• **Thermometer (oral)**

- Place the thermometer under the tongue, just to one side of the center. Close your lips tightly around it.
- Leave the thermometer in place for the required amount of time. Time yourself with a clock or watch. Some digital thermometers give a series of short beeps when the reading is done.
- Remove the thermometer and read it.
- Clean a digital thermometer with cool, soapy water and rinse it off before you put it away.
- Record the reading

• **Thermometer (tympanic)**

- Check that the probe is clean and free of debris. If dirty, wipe it gently with a clean cloth. Do not put the thermometer underwater.
- To keep the probe clean, use a disposable probe cover. Use a new cover each time you take an ear temperature.
- Turn on the thermometer.
- Center the tip in the ear, and push gently directly inward toward the eardrum. Do not force thermometer into the ear.
- Press the "on" button to display the temperature reading.
- Remove the thermometer and throw away the used cover.
- Record the reading

• **Blood Pressure Monitor**

- Do not use caffeine or tobacco, or exercise for 30 minutes before you measure.
- Do not use alcohol for 2 hours before you measure.
- Before you measure your blood pressure, sit in a chair with a back on it for 3-5 minutes, and do not talk. Have paper and pen or the graph you received from your doctor ready to record your blood pressure.
- Put the cuff in the proper place on your arm by sliding your arm into the cuff and placing the arrow or tubing on the inside of the elbow.
- Keep your arm at heart level while doing a blood pressure measure. You can rest your arm on a table in a comfortable place.
- Record the reading

• **Pulse Oximeter**

- Select a finger (or any other site possible if the finger is not accessible) to place the probe. Remove existing nail polish or fake fingernails.
- Attach the probe on the finger, ensuring that the light beam and sensor are opposite each other. **Do not check at the same time you are checking your blood pressure.**
- Place your hand at the same level of your heart
- Turn on the device and wait for the reading, which usually displays after four to six heartbeats.
- Record the reading

