

# How to take an accurate pulse reading



## Before your reading



Sit down and relax to get resting pulse rate

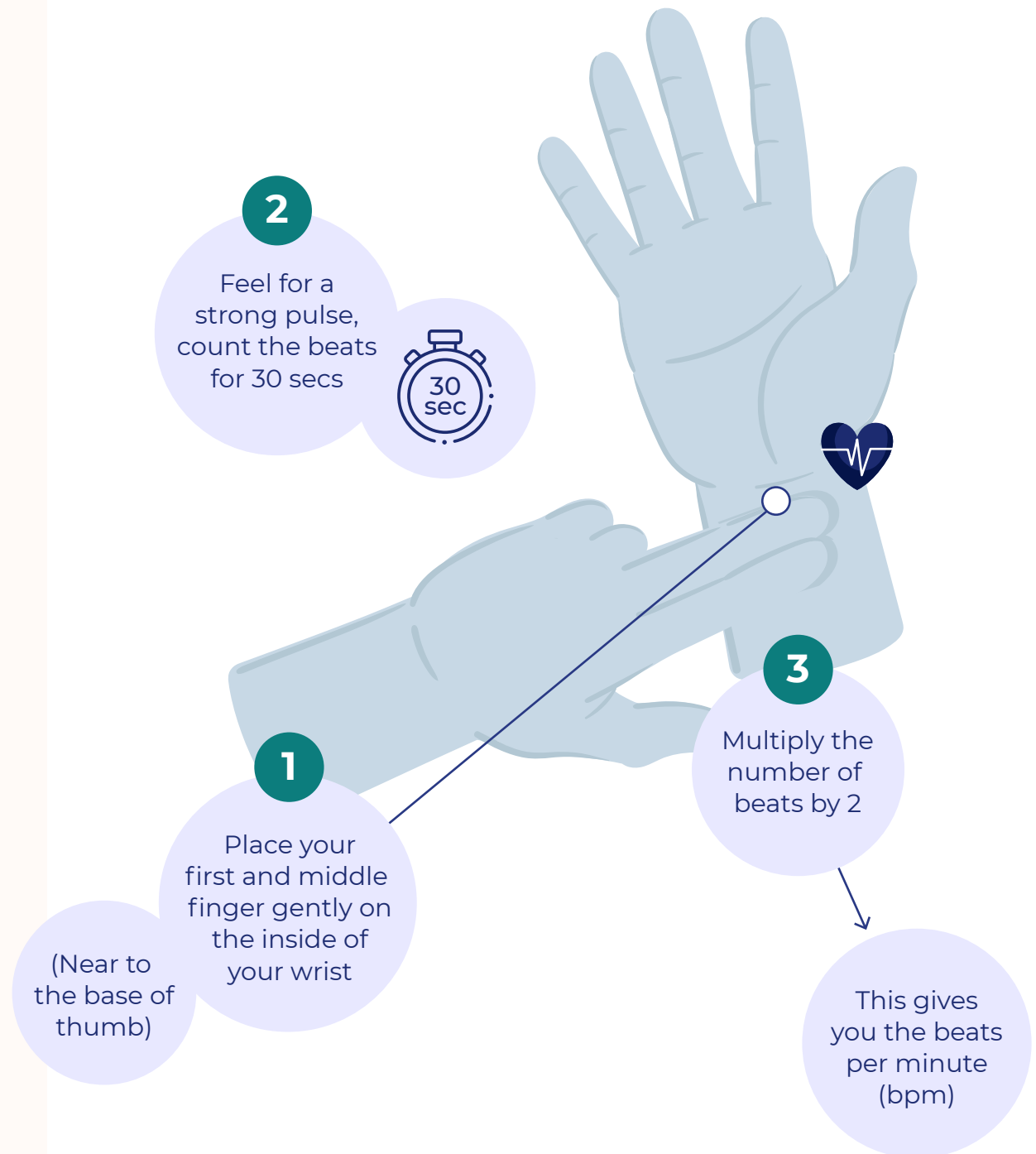


## Can't feel a pulse?

Go to the next page to find out more



psychiatryUK



# Try feeling for a pulse under your jaw

Please note: This can make some people light-headed



## Is your pulse rate normal?

Normal range:

Children (5 to 12 years): 80 to 120 bpm\*

Adults (12+ years): 60 to 100 bpm\*

If your pulse rate is continuously out of this range, please contact your prescriber for advice



## Is your pulse rate irregular?

Feel the rhythm of the beats for 60 seconds. If there are occasional missing beats (irregular beats), this is common

If they are frequent, please contact your prescriber for advice

\*bpm - beats per minute

