Returning 24 Hour Blood Pressure Monitors to The Oxford Blood Pressure Monitoring Team

You should have been provided with:

- Patient Detail and Diary form
- Blood pressure monitor (in blue cover)
- Blood pressure cuff
- A flat cardboard parcel (to be assembled)
- A pre-labelled, padded envelope
Step 1
Break along the perforated line in centre of the lower flap.

Step 2
Bend the flaps back and crease.
**Step 3**

Place the completed patient details and diary form in between the flaps.

**Step 4**

Place the blood pressure cuff in next, to one side.

**Step 5**

Please remove the monitor from the blue cover and remove the batteries, as these cannot be posted, before placing it back into its blue cover.
**Step 6**
Place the blood pressure monitor in next with the strap lying across the blood pressure cuff.

**Step 7**
Fold the side flaps over the blood pressure monitor and cuff.

**Step 8**
Hold the flaps down, carefully roll the parcel up over itself, and fold the top flap down.
Step 9
Remove the tape, fold over the flap and stick it down.

Step 10
Place the parcel in the provided labelled envelope and post.

Thank you!