

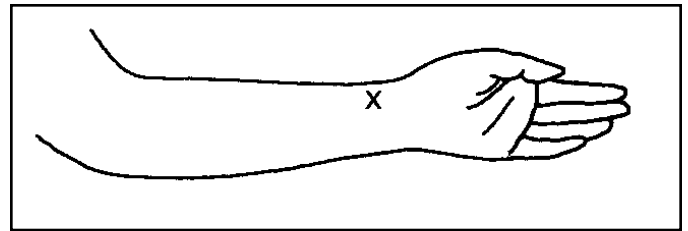
How To Take Your Pulse

General Information

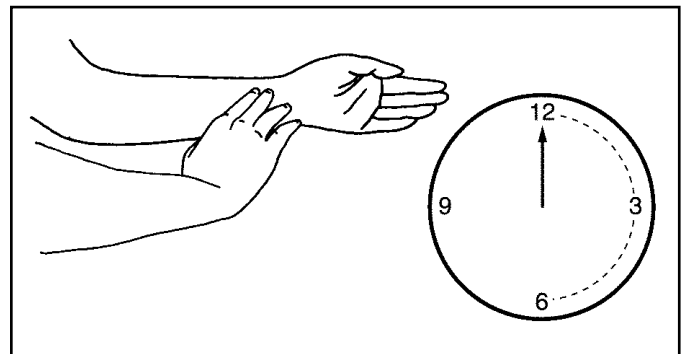
Your pulse or heart rate is the number of times your heart beats in one minute. Checking your pulse will help you and your doctor know how your heart is tolerating exercise, activity, new medicine(s), or all.

How to Take Your Pulse

- Your nurse will help you find your pulse. It is located at the wrist, below the base of the thumb. (See the drawing at right, top.)
- Apply light downward pressure with your forefinger and middle finger to feel your pulse.
- Using a watch or clock with a second hand, count how many beats you feel in 30 seconds. (See the drawing at right, bottom.)
- Multiply the number you get by two to get the number of beats in 1 minute, or your pulse rate.
- If your pulse feels irregular, count the beats for 1 minute. If an irregular pulse is new for you, call your doctor.
- Check your pulse at least twice a day, morning and evening.
- When you exercise, or if you start a new activity, take your pulse before, during and after. Write it down on the chart on the back of this fact sheet.



Where to find your pulse.



Illustrations © Allina Health System

Count how many beats you feel in 30 seconds.

