

ANEROID SPHYGMOMANOMETER

Congratulations...

Thank you for purchasing this fine quality instrument, which will allow you to monitor your blood pressure easily and effectively anywhere at any time!

What is blood pressure?

Blood pressure is a measurement of the pressure of the blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the cardiac cycle. The highest pressure in the cycle is called the systolic blood pressure, the lowest is the diastolic blood pressure; both readings are necessary to enable you to evaluate the status of your blood pressure. Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. Blood pressure is typically low in the morning but high from afternoon to evening. It is lower in the summer but higher in the winter.

What is normal blood pressure?

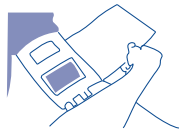
Blood pressure varies from individual to individual and is dependent upon a number of factors such as age, weight, physical condition and gender. The classic normal reading for an adult between the ages of 18 and 45 is 120/80. Remember, only your physician is qualified to determine whether the readings you obtain are normal for you.

How to measure blood pressure

1. Relax yourself and adjust to a proper position

It is very important that the person whose blood pressure is being taken is relaxed and sitting comfortably.

Keep arm being measured at heart level, arm extended but not too tense or stiff. Rest arm on a flat surface, such as a desk, with the left palm facing upwards. Keep arm being measured still.



2. How to put on the cuffs and stethoscope chestpiece

Place the cuff approximately one inch above the bend of the elbow on the naked upper arm; close the cuff by means of the hook-and-loop closure.

Cuff should be snug, but not too tight. One or two fingers should fit between cuff and arm. *Do not place cuff over article of clothing.*



For cuff with metal D-shaped ring, pull the free end of the cuff through the D-ring and close the cuff by means of the hook-and-loop closure.

The stethoscope chestpiece must be placed above the brachial artery. Ensure the artery is in line with the arrow on the cuff designated for the right or left arm.

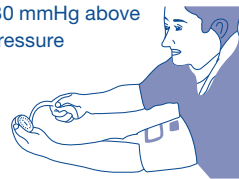


3. Inflating the cuff

Close the air valve on the bulb by turning the screw clockwise; do not overtighten. Squeeze the inflation bulb at a steady rate until the



needle on the gauge points 30 mmHg above your normal upper systolic pressure value. If you don't know it, inflate just to 200 mmHg.



4. Systolic blood pressure reading – upper value

Slowly open air valve by turning screw counterclockwise and hold stethoscope chestpiece over brachial artery. Proper deflation rate is vital for an accurate reading so you should practice and master a recommended deflation rate of 2-3 mmHg per second or a drop of one to two marks on the pressure gauge with each heartbeat. You should not keep the cuff inflated any longer than necessary. As the cuff begins to deflate, you must listen carefully with the stethoscope. Note the reading on the gauge as soon as you hear faint, rhythmic tapping or thumping sounds. This is the upper systolic blood pressure reading. Listen carefully and familiarize yourself with pulse sound. Once familiar, you should check this procedure with your physician.





5. Diastolic blood pressure reading – lower value

Allow the pressure to continue dropping at the same deflation rate. When your lower diastolic blood pressure value is reached, the thumping sound stops.

Deflate the cuff valve completely. Remove the cuff from arm and stethoscope from ears.

6. Record your readings

Repeat the measurement. Do not forget to record your readings and the time of the day immediately after you finish measuring. A convenient time is first thing in the morning, or just before evening meals. Remember that your physician is the only person qualified to analyze your blood pressure.

Maintenance

With proper care and maintenance, your blood pressure kit will provide years of satisfactory service.

The basic rules:

- Do not drop or jar
- Never inflate beyond 300 mmHg
- Never expose the cuffs to intensive solar radiation

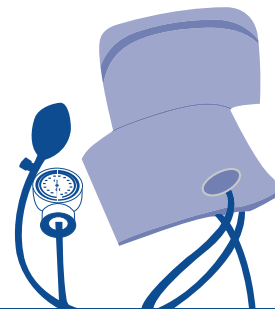
- Never touch the cuff fabric or parts with a sharp instrument, since this could cause damage!
- Always deflate cuff completely before storage
- Do not dismantle manometer under any circumstance
- Store complete instrument in storage case provided, to keep the chestpiece and all the other parts clean
- Storage temperature condition: -20° C to 70° C at a relative air humidity of 85% (non-condensing)
- Wipe off the manometer and bulb with a damp cloth. Sterilization is not necessary, since the parts do not come into direct contact with the patient's body.
- Remove the bladder first, and wipe the hook-and-loop closure, bladder and tubes with a damp cloth. The cuff can be washed with soap and cold water like all the other cuffs, but you must rinse the cuffs with clear water and let them air dry.

Manufactured for:
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ANEROID SPHYGMOMANOMETER INSTRUCTIONS



High quality/better healthcare

For hospital, home, office, school and travel use