

Fully Fuzzy Auto Digital Wrist Blood Pressure Monitor

norditalia
elettromedicali



INSTRUCTION MANUAL

Model BP-500

CE 0051

Distributed by:
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Contents

Information You Should Know Before Operating the Unit	2
About the Unit	4
Explanation of Displays	4
Preparation for Use	
Installing/Replacing Batteries.....	5
Attaching the Pressure Cuff.....	6
Measuring Posture.....	7
How to Operate the Unit	
Setting the Clock	8
Measuring Blood Pressure.....	9
Recalling Memories.....	11
Erasing Memories	12
Care and Maintenance.....	13
Error Message.....	15
Specifications	16

⚠ Caution

1. Consult your physician to verify your blood pressure range before obtaining it at home with this unit.
2. If the cuff causes any discomfort during measurement, press the power button to turn off the unit immediately.
3. Pull off the velcro strap to detach the wrist cuff if the pressure is over 300mmHg and the cuff does not deflate automatically.

Blood pressure measurements obtained with this unit are equivalent to those obtained by a trained person using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, electronic, or automated sphygmomanometers.

1

Information You Should Know Before Operating the Unit

Important Safety Information

- Blood pressure measurement is not suitable in cases of serious arteriosclerosis (hardening of the arteries).
- The pulse display is not suitable for monitoring the frequency of cardiac pace-makers.
- Pregnant women should only measure their own blood pressure in consultation with their doctor, since the readings can be changed by pregnancy.
- Do not use the monitor on babies, young children or persons who cannot express their consent.
- Do not use the monitor for any purpose other than measuring blood pressure.
- Do not use a cellular phone near the monitor. This may result in the monitor operating incorrectly.
- The battery liquid may leak and damage the monitor. Please observe the following points.
- When you are not going to use the unit for a long period of time (approximately three months or more), take out the batteries.
- Replace old batteries with new ones immediately.
- Do not use old and new batteries together.
- Do not insert the batteries with their polarities incorrectly aligned.
- Please remember: Self-measurement is not the same as medical treatment.
- You should never change the dose of medicines prescribed by your doctor but you can help your doctor to optimize the treatment by documenting the measured values. If there are unusual values, please inform your doctor immediately.
- Never unplug the power cord with wet hands.
- Use only the original AC (optional accessory) adapter designed for this unit. Use of unsupported adapters may damage the device.

What is blood pressure?

A force is created by the heart as the ventricle forcibly ejects blood into the blood vessels and through the transport system. Another force is created by the arteries as they resist the blood flow. Blood pressure is the result of these two forces.

What are systolic and diastolic pressures?

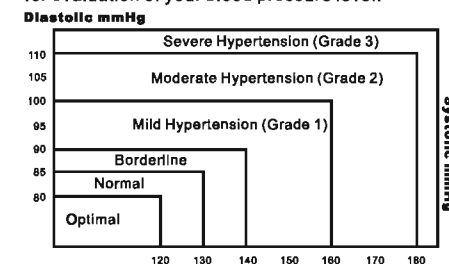
Systolic pressure represents the highest pressure at the height of the heart's contraction. Diastolic pressure is the lowest pressure when the heart is resting.

2

Information You Should Know Before Operating the Unit

Is my blood pressure normal?

See the following blood pressure classification chart released by the WHO (World Health Organization) for evaluation of your blood pressure level.

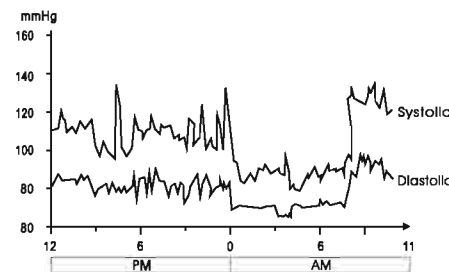


What about low blood pressure?

In general, a lower blood pressure reading is better unless it causes some uncomfortable symptoms such as fainting and/or lightheadedness.

Fluctuation and variation in blood pressure

The following chart shows possible blood pressure fluctuations during a 24hr period.

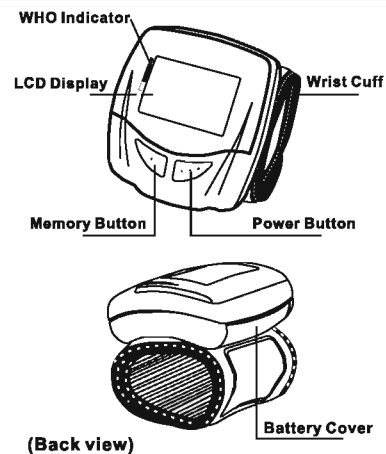


The following factors will influence blood pressure measurement results and cause variations. Bathing

- Breathing
- Conversation
- Drinking Alcohol
- Exercise
- Moving
- Mental tension
- Meals
- Temperature change
- Thoughts
- Smoking, etc.

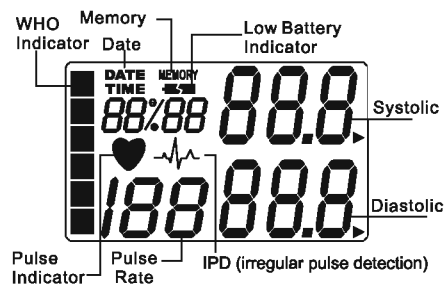
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About the Unit



The cuff is designed to fit wrist sizes between 13.6 and 19.5 cm (5.35 to 7.68 inches).

Explanation of Displays



4

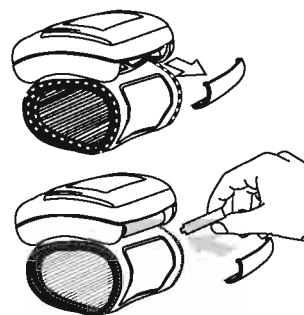
Preparation for Use

Installing/Replacing Batteries

1. Insert the batteries into the battery compartment matching correct polarities "+" and "-".
2. Replace both batteries if the low battery indicator appears.
3. Remove the batteries if the unit will not be used for a long period of time.



Note:
It is recommended that the same type of alkaline batteries be used to avoid incompatibility.

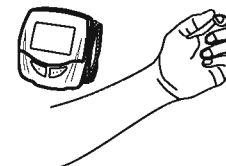


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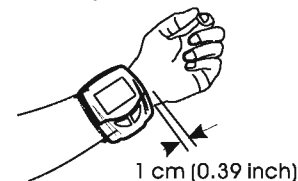
Preparation for Use

Attaching the Pressure Cuff

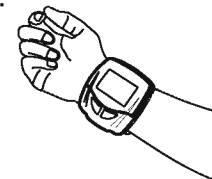
1. Wrap the cuff around bare-skinned left wrist. The display should be placed on the palm side of the wrist.



2. Fasten the cuff. Make sure it is not too tight. The cuff's upper edge should be approximately 1 cm (0.39 inch) from the palm line.



3. If it is not possible to measure on the left wrist, attach the cuff on the right wrist as shown in the figure.

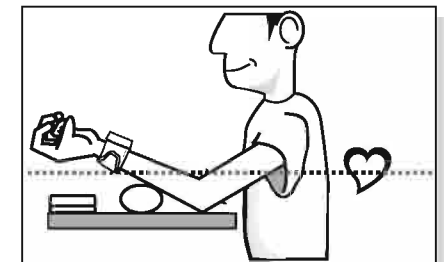


6

Preparation for Use

Measuring Posture

1. Sit upright and ensure that the measuring site is at heart level. Relax and measure in a natural position.



2. Measure and record blood pressure at the same time every day to establish your blood pressure pattern.

7

How to Operate the Unit

1. Setting the Clock

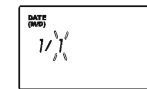
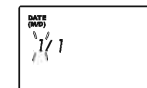
Under power-off, press the MEMORY button until the display shows a blinking year.



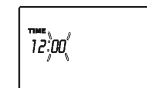
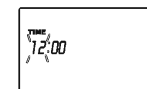
Press the POWER button to adjust the year when it is blinking.



Then press the MEMORY button again, "month" will appear and blink to be adjusted, and then "date", "hour", and "minute" will follow as you press and release the MEMORY button again.



To adjust the clock
Press the POWER button to adjust the values of "month", "date", "hour" and "minute" when they are blinking.



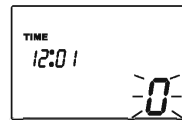
How to Operate the Unit

2. Measuring Blood Pressure

Press and release the POWER button to start measuring automatically



Initial display



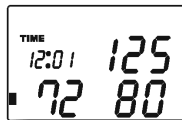
Pumping



Measuring and buzzer sounds

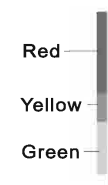


When the measurement is completed, the display will show the measured blood pressure value and pulse rate. Press the power button to turn off the unit or it will turn itself off automatically after 150 seconds.




How to Operate the Unit

2.1 Depending on the height of the bar, the readout value is either with the normal (green), borderline (yellow) or hypertension (red) range. The classification corresponds to the WHO 6 ranges, as described in page 2.



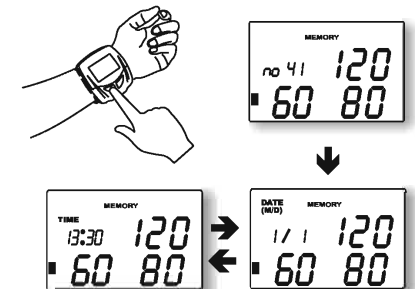
When the measurement is completed, the display will show the measured blood pressure value and pulse rate. Press the POWER button to turn off the unit or it will turn itself off automatically after 150 seconds.

Note:
If the symbol  appears, it means the unit has detected irregular pulse during measurement. If the symbol appears regularly please consult a qualified physician for professional advice.

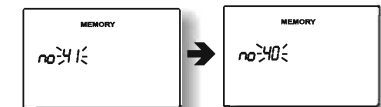
How to Operate the Unit

3. Recalling Memories

3.1 Press and release the MEMORY button to recall the last reading. (Example: the no. 41 memory). The display will show the memorized pressure value and pulse rate switching back and forth.



3.2 Press the MEMORY button to go to previous memories.



How to Operate the Unit

4. Erasing Memories

You may erase one or all memories.

To delete one record:

Step 1: Press and release MEMORY button to display records. Press and release MEMORY button again to choose the record that you wish to delete.



Step 2: Press and hold the POWER button until the display shows "dEL".



Step 3: Press and hold the POWER button. After three beeps are heard, the selected record is deleted.



To delete all memories: Follow steps 1 and 2 above.

Step 3: Press the MEMORY button again and the display shows "dEL ALL".



Step 4: Press and hold the POWER button. After three beeps are heard, all records are deleted.

12

Care and Maintenance

Do not drop the unit. It is not shock-proof.



Do not modify or disassemble the unit or the wrist cuff.



Do not twist the wrist cuff.



Use a cloth moistened with water or neutral detergent to clean the body of the unit and then wipe it dry.



13

Care and Maintenance

Avoid thinner, benzene, and other harsh cleaners.



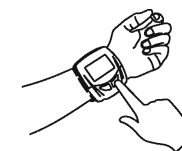
Keep the unit in a suitable place. Avoid high temperature, direct sunlight, high moisture, and dust.



Remove the batteries if the unit will not be used for a long time.




Do not press the POWER button if the cuff has not been properly wrapped around the wrist.




14

Error Message

Message	Correction
LL Err	The pressure measured was lower than 20mmHg. Please measure again.
UU Err	The pressure measured was higher than 300mmHg. Please measure again.
P Err	Pumping error. Please check cuff and try again.
rrErr	The pressure can not be measured due to signal noise. Please measure again.
HI	The pumping pressure is higher than 300mmHg. Please measure again.
 or No display	Low battery. Please check and replace the 2 batteries if necessary.

15

Specifications

Display System	Liquid Crystal Display
Measuring Method	Oscillometric
Power Source	2 Alkaline "AAA" type batteries (1.5V)
Measuring Range	20~300mmHg 40~200 Pulse/minute
Accuracy	±3mmHg ±5% pulse rate
Inflation	Micro rolling pump
Pressure Exhaust	Electrical Solenoid Valve
Memory	85 sets
Display	LCD (year/date/time, pressure and pulse)
Low Battery Indicator	Yes
Auto Power-Off	150 sec w/o any operation
Battery Life	Around 250 operations
Operation Environment	+10°C~+40°C; RH<85% (+50°F~+104°F)
Storage Environment	-10°C~+50°C; RH<85% (14°F~+122°F)
Dimensions	72(w)x75(D)x39(H)mm
Weight	Around 130g (including batteries)
Product Classification	Type BF  equipment

Specifications are subject to change for improvement without notice.



Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.

WARRANTY : ONE YEAR

Two years only for EU countries.

The warranty starts from the purchase's date.

ed. 03/2008