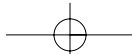
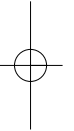
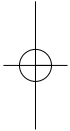




MEDIPro 100f

fully automatic upper arm blood pressure monitor

Gebrauchsanweisung  
**Instruction manual**  
Mode d'emploi  
Gebruiksaanwijzing



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# 1 introduction

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dear customer,

we are glad that you have decided for this blood pressure monitor. The product you have bought is state of the art, of highest quality and has many advanced features. The device measures the upper arm blood pressure both rapidly and extremely accurately, and avoids the need to constrict the blood supply to the arm for long periods. The device is ideal for regular blood pressure checking. Because the device has a memory, which can store 60 values, you can easily track changes and notify your doctor in good time if problems are detected. The unit is determined for household use and should be used by adult persons only.

## important notes !

Please read this Instruction Manual carefully to know your blood pressure monitor. Then the monitor will give you many years of smooth service and supply measuring data of high accuracy. Only your physician can interpret your blood pressure values. If you suffer from cardiac arrhythmia, always discuss the blood pressure values with your doctor. If you have questions about blood pressure for which you do not find an answer in this booklet, also consult your doctor.

The right to technical modifications is reserved.

## preliminary remarks 2

- This Blood Pressure Monitor complies with the European regulations and bears the CE mark "CE 0366".
- This Blood Pressure Monitor bears the CE (conformity) label for notinvasive Blood Pressure Monitors to show that it conforms with the EU Council Directive (EN 1060-1 / EN 1060-3) for notinvasive Blood Pressure Monitors. It also confirms with the EU Council Directive "93/42/EEC of 14th June 1993 on Medical Products", and the EU Council Directive "89/336/EEC.
- **ibp** hereby confirms that the product delivered together with this Instruction Manual complies with this Directive. The appropriate conformity declaration is available with **ibp**.
- To ensure accurate measurements, the Blood Pressure Monitor must receive a technical check-up every 2 years. Inspection is also required when the blood pressure data supplied by the monitor are obviously off-range. If you have any questions about these checks, please contact our Customer Services Department (address on the warranty certificate).

### the "Real Fuzzy" measuring technology

This Blood Pressure Monitor uses trends-setting "Real Fuzzy" Technology to detect your blood pressure. With one touche of a button, the device will automatically start to inflate. If the pressure in the sleeve is too low, the device will interrupt the measuring process and pump the sleeve higher until a suitable pressure is reached. The ideal sleeve pressure is obtained from the systolic blood pressure and the size of the arm. Arm pains are thus eliminated and incorrect readings due to a wrongly inflated sleeve are prevented.

**CE** 0366

## 3 about blood pressure

More than half the number of people suffering from high blood pressure are unaware of it. The most common cause of death in today's society is from diseases that are directly related to the problem of high blood pressure. This Blood Pressure Monitor allows you to measure your blood pressure at home. If your blood pressure is off limits, the monitor helps you to keep it under constant watch. Remember only your physician can interpret your blood pressure values. Never venture self-diagnosis or self-treatment. The blood pressure is the measure of the force which the heart needs to pump the blood through the circulatory system and supply the vital organs of our body. The higher the pressure, the harder the heart must work.

### 3.1 blood pressure values

Typical normal blood pressure as recommended:

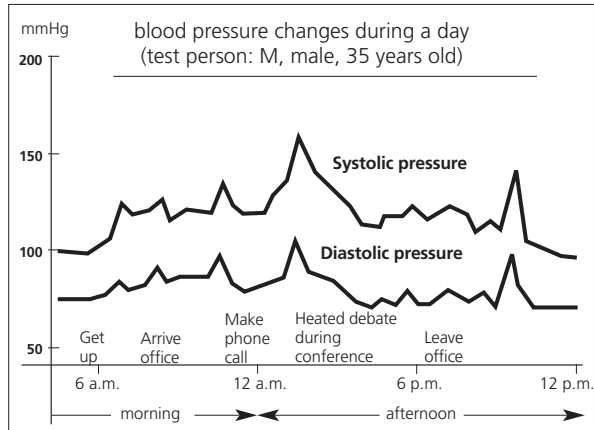
	<b>systolic blood pressure</b>	<b>diastolic blood pressure</b>
<b>hypotension</b>	less than 105 mmHg	less than 60 mmHg
<b>normalless</b>	less than 140 mmHg	less than 90 mmHg
<b>borderline</b>	140 - 160 mmHg	90 - 95 mmHg
<b>hypertension</b>	more than 160 mmHg	over 95 mmHg

If the blood transport system is not functioning normally, the blood pressure can be higher than normal. High blood pressure can damage vital organs, such as the heart, the brain or muscles.

## about blood pressure 3

Remember that only the physician can interpret your blood pressure values. Never venture self-diagnosis or self-treatment. We recommend you to discuss your blood pressure values with your physician. He can advise you on any measures that may be good to take.

The blood pressure is changing constantly. You should not be frustrated by two or three bad readings, and don't fly into high spirits if a few readings are good. The blood pressure changes during the day as during the month. It is also influenced by the time of year and the temperature. Monitor your blood pressure regularly and keep a full record of all readings. This allows you to make a competent judgment.



## 3 about blood pressure

### 3.2 what is “Hypertension“ (High Blood Pressure) and why is it harmful?

If parts of the blood transport system are constricted, diseased or in any way not functioning normally, the blood pressure can be higher than normal. High blood pressure can damage vital organs, such as the brain or the heart.

### 3.3 measures affecting your blood pressure positively

If your blood pressure is high or you want to avoid high blood pressure, your lifestyle should generally be conducive to this goal.

- Existing diseases:** Strictly follow the instructions of your doctor to treat existing diseases e.g., diabetes, gout, disturbed lipid metabolism, etc.)
- Nutrition:** Reduce overweight. Use little salt with your food, avoid food with lots of fat.
- Smoking, drinking:** No smoking! Consume only little alcohol and coffee.
- Sport activities:** If advised by your doctor after an examination, practice stamina sports (jogging, swimming). Avoid sports involving strength, do not try your limits!



# about blood pressure 3

## 3.4 how to obtain accurate readings

The blood pressure is constantly changing throughout a day. The changes are caused by psychic and physical factors, such as anxiety, exercise, smoking, caffeine and stress. Because it is changing, the blood pressure should always be measured at the same time of day, when your body is relaxed. It is the physician's responsibility to interpret the readings and analyze your physical condition. It is important that you consult your physician regularly. He will tell you your normal blood pressure and what you should take care of.

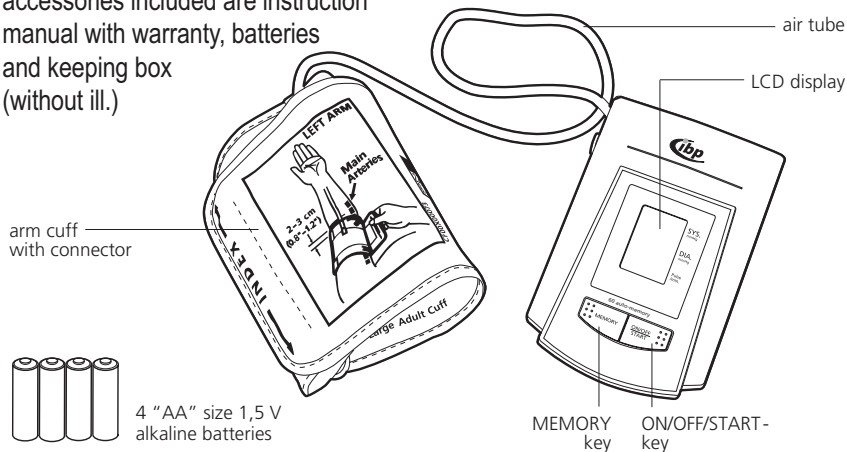
### **here are a few helpful tips to obtain accurate readings:**

- Wait one hour before measuring the blood pressure after a substantial meal.
- Do not smoke or drink alcohol before measuring the blood pressure.
- You should not do physical work one hour before taking a reading.
- It is important that you relax. Try to take 15 minutes rest before the reading.
- Do not take measurements if you are under stress or tension.
- Take the blood pressure reading at normal body temperature, not when you feel cold or hot.
- When the monitor is stored at very low temperature (near freezing), keep it at a warm place at least for 1 hour before using it.
- Wait about 5 minutes before making the next pressure measurement.

## 4 the unit / accessories

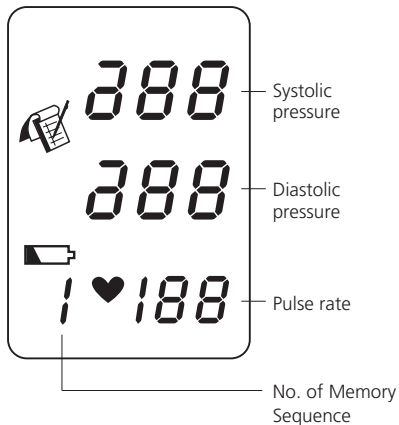
identification of the unit

accessories included are instruction  
manual with warranty, batteries  
and keeping box  
(without ill.)



## the display / icons 5

### display



### icons



#### memory icon

The memory icon is displayed during save or memory display.



#### battery icon

When this icon appears the batteries should be replaced.



#### pulse icon

The pulse icon appears when the pulse rate is displayed.




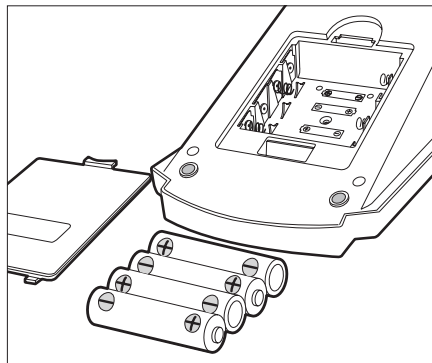
#### error icon

The error icon appears with wrong input or device defect.

## 6 battery installation / replacement

### battery installation / battery replacement

The enclosed batteries must be fitted before use. The battery cover is on the bottom side of the unit. Push it open and remove it. Insert the 4 supplied "AA" size, 1.5 V alkaline batteries as shown here. Ensure correct polarity according to the indication inside the compartment. Replace the battery cover by clicking in the bottom hooks first, then push in the top end of the battery door. Replace all the batteries when the battery replacement sign  appears on the LCD display, or when the LCD display is blank after you switch on the unit.



#### notes:

As the supplied batteries are for test only, they may be discharged earlier than batteries you buy in the store. Replace the batteries **all of them the same time**.

**Batteries are hazardous waste. Do not dispose them together with the household garbage.**

Remove the batteries when the unit is not used for a long time.

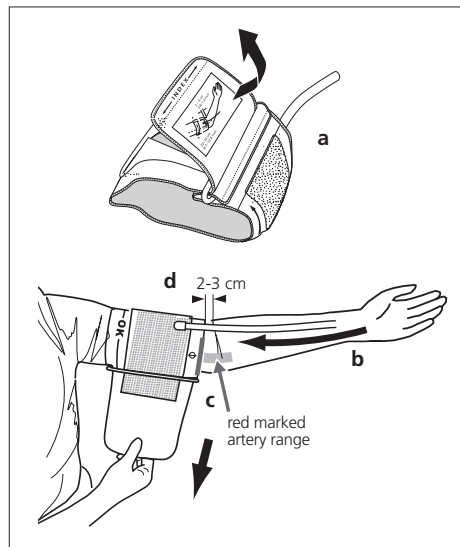
#### **Battery safety instructions:**

- Keep away from children!
- Do not short-circuit!
- Not rechargeable!
- Do not throw into fire!

# making a blood pressure measurement 7

## 7.1 attaching the wrist cuff

- a)** Plug in the cuff connecting tube into the left side of the unit. The monitor is used as a desktop unit.
- b)** Unwrap the arm cuff, leaving the "Index" end of the cuff through the D-ring of the cuff, so that the cuff forms a tunnel shape (**a**).
- c)** Put your left arm through the cuff loop. Position the red marked artery range at the middle of the arm (**b**), in line with your middle finger. Tighten the cuff by pulling the end of the cuff (**c**).
- d)** Turn your left palm upward and place the edge of the arm cuff at approximately 2 to 3 cm above the inner side of the elbow joint (**d**).
- e)** If the "Index" arrow falls within the "OK" range, indicated at the edge of the cuff, this cuff is suitable for your use. If the "Index" arrow falls out of the "OK" range, you may need a special cuff for measurement.



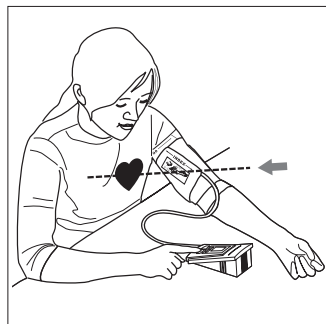
# 7 making a blood pressure measurement

If the cuff is not pulled tight you get wrong measure values.

- f) Sit in a comfortable position. The room should be at an agreeable temperature. Wait at least 5 minutes before taking a measurement.
- g) If you cannot place the cuff around your left arm and the blood pressure measurement is not possible on the left arm, place the cuff around the right arm. Always take your measurements on the same arm.

## 7.2 the right measuring position

- Have yourself on a seat in a comfortable position, breathe deeply several times and relax.
- To get a correct picture of the blood pressure changes during the day, make the measurements at home **daily** at the **same time**.
- To make sure that you obtain a correct measurement, position your arm as shown in the illustration opposite. Place your elbow on the table or other suitable support and hold the cuff so that the cuff is at the same level as the heart.
- Record the values and show them to your physician for assessment.



# making a blood pressure measurement 7

## 7.3 the measuring method

- a) Place the cuff around your arm as described on pages 11 and 12.
- b) Start the Monitor by pressing the **ON/OFF/START** key.
- c) When the **ON/OFF/START** key is pressed, all digits will light up (see fig. 1). This is a check of the display functions which is complete after about 2 seconds. After the LCD test, the digit "0" is briefly displayed (see fig. 2). When the display check is complete, the LCD will show the pattern on the right to indicate that the unit is ready for use (fig. 2).

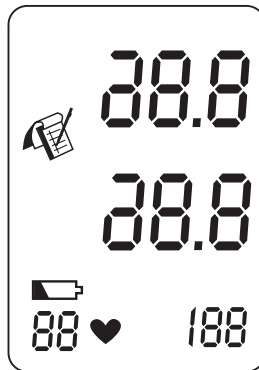


fig. 1

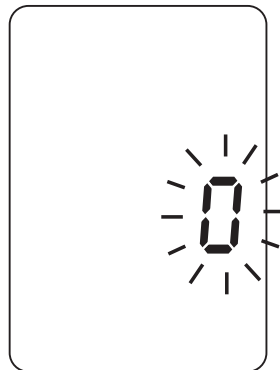
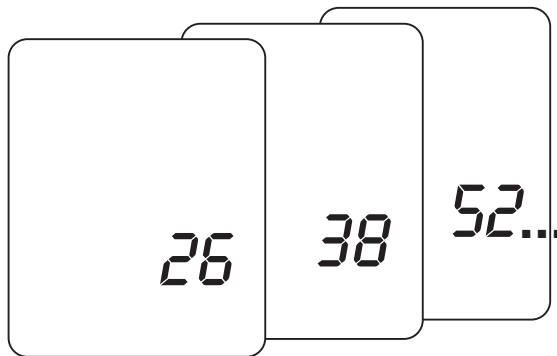


fig. 2

## 7 making a blood pressure measurement

**d)** The unit is ready for use. The unit will automatically start to inflate slowly to measure your blood pressure. During inflation, a changing measure of the cuff pressure will be shown on the display.

**e)** If the cuff pressure is low, the unit interrupts the measuring and increases the cuff pressure to an acceptable level. When pressure reaches to the proximity of your systolic blood pressure, the monitor will exhaust cuff pressure.



### notes:

While measuring, do not move the cuff or your arm or hand muscles, don't speak. As the unit detects pulse, the LCD will show the pulse rate. If you want to interrupt the measurement, simply press any key. The cuff will be deflated.



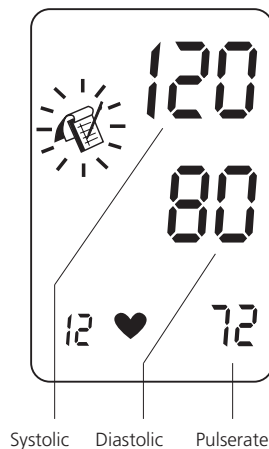
# making a blood pressure measurement 7

- f) The cuff will deflate when the unit completes the measuring. The LCD then shows the systolic and diastolic pressures, and the pulse rate. The Memory symbol blinks briefly. Then it will automatically display and save one's systolic, diastolic, and pulse in the Memory. Up to 60 memories can be saved in the Memory Zone.

## 7.4 switching off automatically

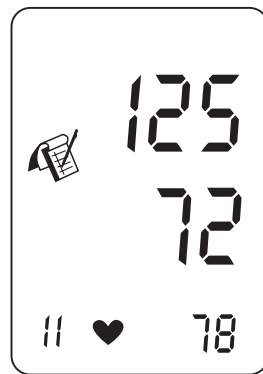
Measurement is now completed. Press the **ON/OFF/START** key to turn off the power.

The Monitor goes "off" automatically after 1 minute of inactivity.






## 8 the memory function

- a) Up to 60 measurements can be saved in the memory automatically. The values (blood pressure and pulse rate) can be saved in the memory of the unit, together with the time and date.
- b) To read memory values, press the **MEMORY** key. The memory values will be shown on the LCD, together with the time and date. The last measurement will be shown first. Every new press of the **MEMORY** key calls one prior value pair.



**note:** The data in the memory will not be lost even when the Blood Pressure Monitor is switched off. The data in the memory is erased when the batteries are replaced.

## an error is displayed 9

Error display	Possible reason	Remedy
	<p>The cuff position is not correct.</p> <p>The unit is displaying very high or very low values.</p> <p>You have talked or moved during measurement.</p>	<p>Put on the cuff correctly.</p> <p>Do not move while the measuring continues.</p> <p>Don't speak.</p>
	<p>The batteries are empty.</p>	<p>Replace the 4 empty batteries by new size „AA“ 1.5V batteries.</p>
	<p>The display remains blank.</p> <p>Batteries are not inserted or inserted wrongly or batteries are depleted.</p>	<p>Insert batteries.</p> <p>Check the battery position or replace batteries.</p>

## 10 other important notes

1. The unit contains high-precision assemblies. Therefore avoid extreme temperatures, humidity, direct sunlight. Do not give strong shock. Do not try to open the blood pressure monitor. This will destroy the calibrated factory settings.
2. Protect from ingress of dust.
3. Do not bend the preformed cuff inside out. Clean the blood pressure computer body and the cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash the cuff or use chemical cleaner on it. Never use thinner, alcohol or petrol as cleaner.
4. Leaky batteries can damage the unit. Remove the batteries when the unit is not used for a long time.
5. Do not press the Start key when the cuff is not placed around the arm.
6. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems, please contact the **ibp** Service Centre: Hotline (03329) 604524.
7. For users diagnosed with common arrhythmia (atrial or ventricular premature beats or atrial fibrillation), diabetes, poor circulation of blood, kidney problems, or for users suffered from stroke, or for unconscious users, the device might not be suitable for use.

# specifications 11

Model	: ibp MediPro 100f
Measuring principle	: oscillometric method
Measuring method	: Real Fuzzy Technologie
Indicator	: LCD
Measuring range	: 20 - 280 mmHg (blood pressure) : 40 - 180 pulse/min. (pulse rate)
Measuring resolution	: $\pm 3$ mm Hg (blood pressure) : $\pm 5$ % (pulse rate)
Pressure build-up	: automatic pressure build-up by pump
Pressure release	: automatic pressure release by valve system
Deflation	: automatic deflation valve
Power source	: 4 x 1.5V high capacity or alkaline batteries size "AA"
Memory	: 60 measuring values
Working temperature	: + 10 °C to + 40 °C humidity: 40 - 85 % RH max.
Storage temperature	: - 5 °C to + 60 °C humidity: 10 - 95 % RH max.
Hard cuff	: for wrist circumference between 22 - 32 cm (standard)
Dimension (measuring unit)	: appr. 105 (l) x 160 (w) x 68 (h) mm
Weight	: appr. 360 grams (without batteries)

# GUARANTEE

Your Blood Pressure Monitor was checked to ensure its faultless quality before despatch.

Please send the appliance for checking or repair together with the purchase document or receipt and the description of the faults and/or of the desired check to the adress below.

From the date of purchase (date of the purchase document) rapairs will be carried out free of charge for 36 months, if your appliance should be defective due to a production or material fault.

The guarantee does not cover any damage occurring as a result of faulty operation, improper treatment, storage and care or unusual influences. All further claims as well as damages shall likewise be excluded.

Should you have any reason to avail yourself of the warranted services under the guarantee, send the appliance with the guarantee documents to the customer service department:

**ibp** International Business Products Limited

6 Newfield Court

West Houghton

Bolton BL5 3SA England

Phone: +44-(0) 19 42- 81 96 95

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