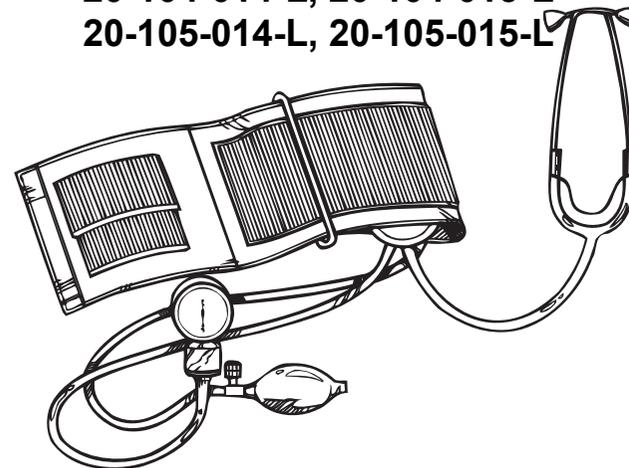


INSTRUCTION MANUAL

SELF-TAKING BLOOD PRESSURE KIT

MODELS

20-104-014-L, 20-104-015-L
20-105-014-L, 20-105-015-L



CAUTION: Please read all instructions before using this instrument to take a blood pressure reading. Follow all **CAUTION STATEMENTS** to avoid injury and damage. Talk to your doctor for information about your blood pressure.

UNIT ASSEMBLY

Lay out the parts as pictured on the next page. The cuff should already be folded through the metal D-ring. If the cuff is not pre-folded, lay the cuff flat in front of you. Place the metal D-ring on your left. The stethoscope faces up. Pull the end of the cuff through the metal bar. If you fold the cuff correctly, the velcro material faces the outside of the cuff loop.

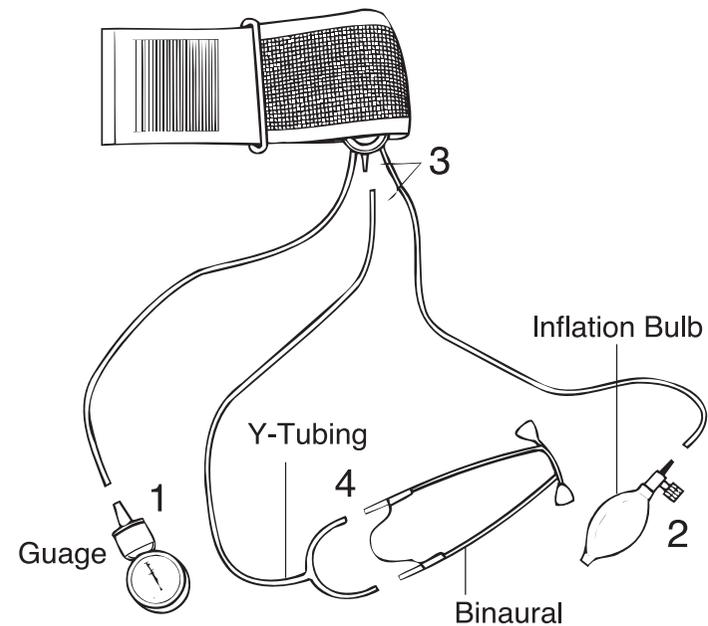
4 Easy Steps

Look at the drawing to help you put the tubing on the left.

1. Attach the gauge to the tubing on the left.
2. Attach the inflation bulb to the tubing on the right.
3. Attach the single end of the Y-tubing to the stethoscope chestpiece.
4. Attach the double end of the Y-tubing to the binaural.

UNIT ASSEMBLY

For easy assembly follow the diagram below.



Connect each component securely to avoid injury and instrument damage.

WHAT IS BLOOD PRESSURE?

What is Blood Pressure?

Blood Pressure is the force exerted on the walls of your blood vessels as blood flows through them.

Your heart is like a pump. When it contracts, or beats, it sends a surge of blood through the blood vessels and the pressure increases. This is called *systolic pressure*.

When your heart relaxes between beats, your blood pressure decreases. This is called *diastolic pressure*.

Your doctor takes both your systolic and diastolic blood pressure. Your blood pressure is recorded in numbers. An example would be 120/80. Blood pressure is measured in millimeters of mercury written as mmHg.

Blood pressure varies during the day. Factors influencing blood pressure include physical activity, medications, and emotional and physical condition. A single measurement may not provide a true picture of a person's blood pressure.

IMPORTANT: Consult with your doctor to find your normal blood pressure. Only a doctor is qualified to diagnose and treat high blood pressure.

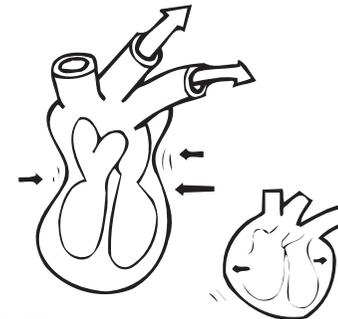
WHAT IS BLOOD PRESSURE?

Systolic Pressure



Heart Contracts
(Pressure Increases)

Diastolic Pressure



Heart Relaxes
(Pressure Decreases)

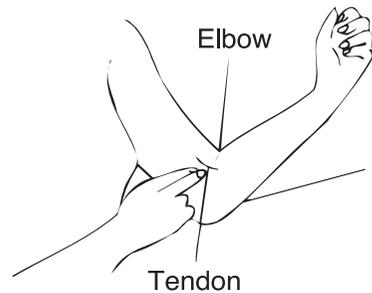
HOW TO TAKE A READING

CAUTION: Make sure all components are assembled correctly and securely. Failure to do so may result in injury or an incorrect reading.

IMPORTANT: Consult with your doctor to find your normal blood pressure. Only a doctor is qualified to diagnose and treat high blood pressure.

1. Make sure you are seated with your feet flat and your back and arm supported. Rest your arm at heart level. Then remove tight-fitting clothing from arm. Have the person whose blood pressure is to be taken sit quietly for at least 5 minutes before taking a blood pressure reading.

2. Locate the brachial artery by placing two fingers one inch above the bend of the elbow on the inside of the arm.

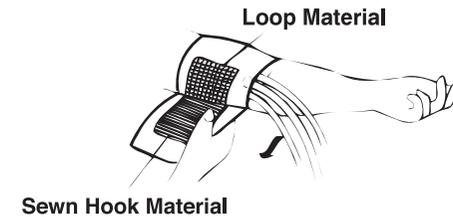
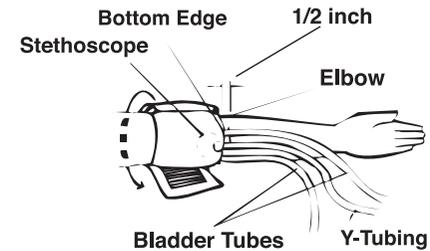


6

HOW TO TAKE A READING

3. Put the left arm through the cuff loop. Place the bottom edge of the cuff one-half inch above the elbow. Adjust the cuff so that the stethoscope chestpiece sits on the inside of the arm over the brachial artery.

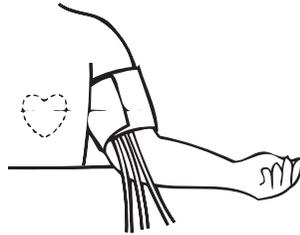
4. The cuff should be wrapped so that it fits snugly and stays in place. You should be able to place one finger between the cuff and arm. **Make sure the metal D-ring does not pinch your skin.** Fasten the cuff by folding the end of the cuff over the D-ring and press the hook firmly against the velcro material. The stethoscope chestpiece should be placed over the brachial artery. Adjust the cuff as necessary.



7

HOW TO TAKE A READING

5. Rest the arm on a table. The arm should be relaxed. Place the palm upward. Assure the cuff is at the same level as the heart.



6. **CAUTION: Before you put the stethoscope binaural in your ears, make sure the eartips are securely fastened to the binaural.** Insert the eartips into your ears. Remove eartips from ears when adjusting the metal binaural for comfort.

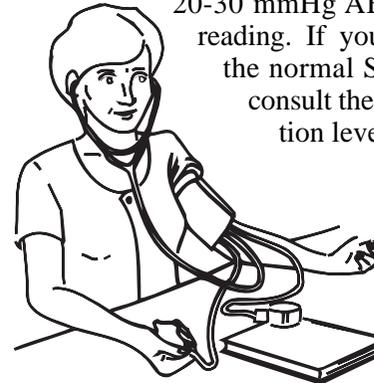
7. Clip the gauge to a hard faced object (for example a hard cover book) on the table in front of you. Hold the inflation bulb in your hand. Close the air release valve attached to the inflation bulb by turning it clockwise.



8

HOW TO TAKE A READING

8. Inflate the cuff. Rapidly squeeze the inflation bulb. Inflate the cuff until the gauge reaches approximately 20-30 mmHg ABOVE known **SYSTOLIC** reading. If you are unsure or do not know the normal **SYSTOLIC** blood pressure consult the doctor for the correct inflation level.



CAUTION: Do not inflate the cuff above 280 mmHg. You may injure the individual or damage the instrument.

9. Slowly open the air release valve by turning it counter-clockwise. Release the air at rate of 2-4 mmHg per second.

10. Listen carefully for the appearance of sounds, watching the gauge needle. The first sound heard is the **SYSTOLIC** blood pressure reading.



9

HOW TO TAKE A READING

11. Continue to release the air at a rate of 2-4 mmHg per second. The last sound you hear is the *DIASTOLIC* blood pressure reading.

12. Turn the air release valve counter-clockwise to release the remaining air. Remove the binaural from your ears. Write your measurement in the record chart. You should record readings immediately, (so as not to forget values). Remove the cuff.

NOTE: Blood collects in the vessels during blood pressure measurements. Wait at least 5 minutes before trying to take another measurement. This time will allow the blood to flow freely. It will also allow the vessels to return to their normal condition. **Review the measurement procedures with the doctor.**

QUICK REFERENCE GUIDE

BEFORE

1. MEASURE your blood pressure at the SAME TIME each day.
2. RELAX for at least five minutes before taking a measurement.
3. Remove tight-fitting clothing from your upper arm.
4. DO NOT eat, smoke or exercise for at least 30 minutes before taking a measurement.

DURING

1. PLACE CUFF at the heart level.
2. STETHOSCOPE CHESTPIECE covers the BRACHIAL ARTERY.
3. Eartips are securely fastened.
4. INFLATE unit to proper level. (30-40 mmHg above estimated systolic pressure).
5. DO NOT talk or move during a measurement.
6. DEFLATE unit at 2-4 mmHg per second.

AFTER

1. WAIT 5 minutes before taking another measurement.

BASIC CARE OF BLOOD PRESSURE KIT

Your NEW blood pressure unit will provide many years of reliable service with proper care. Follow these basic rules:

- Handle the pressure gauge with care. Do not drop. The needle should rest within the indicator mark (pointing south in the square) when not in use.
- Always deflate cuff before storing.
- Handle the stethoscope with care. Do not use if the chestpiece breaks.
- Use the storage case provided to store all items. The storage case can also be used to keep your record chart and instruction manual.
- Do not immerse the unit in water or any other fluids. Corrosive materials may not be used to clean the unit. When cleaning the unit use a damp cloth moistened with either water or alcohol.

LIMITED TEN-YEAR WARRANTY

The blood pressure kit is warranted to be free from manufacturing defects for a period of ten years under normal use. This warranty extends to the original retail purchaser. Should repair or calibration service be needed ship the unit prepaid, including \$12.95 for return shipping and insurance to:

BV Medical

28W206 Commercial Ave., Unit B
Barrington, IL 60010

Be sure to include the model number of your unit and your phone number on any correspondence. BV Medical will either repair or replace (at your option) any components of the kit free of charge, to correct defects.

The above warranty is complete and exclusive. The warrantor expressly disclaims liability for incidental, special, or consequential damages of any nature. (Some states do not allow exclusion or limitation of incidental or consequential damages, so the above warranty may not apply to you).

LIMITED TWENTY YEAR WARRANTY

Any implied warranties arising by the operation of law shall be limited in duration to the term of this warranty. (Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you).

This warranty gives you specific legal rights, which vary from state to state.

***FOR CUSTOMER SERVICE, CALL TOLL FREE:
1-888-822-8293***

BV Medical
28W206 Commercial Ave., Unit B
Barrington, IL 60010
1-888-822-8293

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