

## PRO-60

Aneroid Blood Pressure Kit



EN Instructions for use

### 1. INTRODUCTION

Aneroid Blood Pressure Kit PRO-60 is common blood pressure measurement instrument. It's easy to use and has high accuracy of test result. It's mostly used in clinic and home.

### 2. INTENDED PURPOSE

Aneroid Blood Pressure Kit is used for measuring of systolic and diastolic blood pressure.

### 3. PRECAUTIONS

- This device may be used only for the purpose described in this booklet.
- The manufacturer cannot be held liable for damage caused by incorrect application.
- The device must be protected against shocks.
- Never inflate to more than 300 mmHg.
- Do not damage the rubber parts with cutting or sharp objects.
- Do not expose the device to excessively high or low temperatures.
- The cuffs are sensitive and must be handled with care.
- Ensure that children do not use the device unsupervised; some parts are small enough to be swallowed.

### 4. CONTRAINDICATIONS

Contraindications are not revealed. Consult with your doctor.

### 5. CLASSIFICATION OF BLOOD PRESSURE VALUES

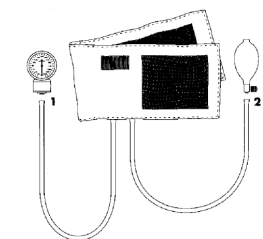
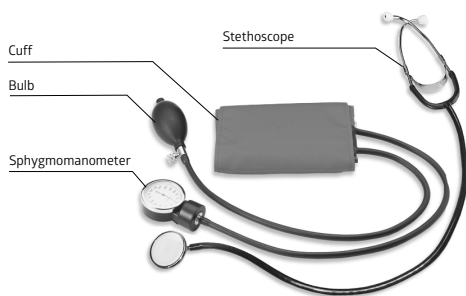
Table for classifying blood-pressure values (unit: mmHg) according to European Society of Hypertension (ESH)

Range	Systolic blood pressure	Diastolic blood pressure	Measures
Grade 3: severe hypertension	Higher or equal to 180	Higher or equal to 110	Urgently seek medical advice!
Grade 2: moderate hypertension	160-179	100-109	Consult your doctor immediately
Grade 1: mild hypertension	140-159	90-99	Consult your doctor
High normal	130-139	85-89	Consult your doctor
Normal	Lower than 130	Lower than 85	Self-check
Optimal	Lower than 120	Lower than 80	Self-check

Ⓢ **Note:** Show the measured values to your doctor. Never use the results of your measurements to change the doses of drugs prescribed by your doctor.

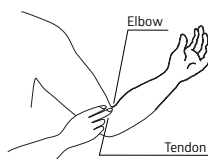
### 6. PRODUCT IDENTIFICATION

MODEL PRO-60



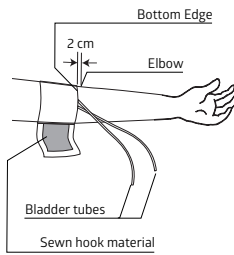
### 7. PRESSURE MEASUREMENT

1. Make sure the person is seated with their feet flat and back and arm supported. Resting the arm at heart level.



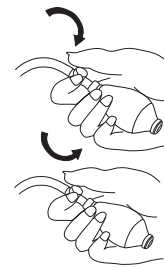
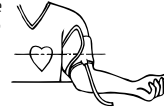
⚠ **Caution:** Make sure all components are assembled correctly and securely. Failure to do so may result in injury or an incorrect reading.

2. Locate brachial artery by placing two fingers 2 cm above the bend of the elbow on the inside of the arm.
3. Place the bottom edge of the cuff approximately 2 cm above the elbow.
4. The cuff should be wrapped so that it fits snugly and stays in place. Fasten the cuff by pressing the hook material firmly against the fuzzy pile material. If necessary, readjust the cuff.
5. Rest their arm on a table. The arm should be relaxed with the palm turned upward. Ensure the cuff is same level as heart.
6. Hold the gauge in one hand with the numbers directly in front of you. Hold the inflation bulb in your other hand. Close the air release valve attached to the inflation bulb by turning it clockwise.
7. To inflate the cuff, rapidly squeeze the inflation bulb. Inflate the cuff until the gauge reaches approximately 20-30 mmHg ABOVE normal SYSTOLIC reading.



⚠ **Caution:** Do not inflate the cuff above 280 mmHg you may injure the patient or damage the instrument.

8. Slowly open the air release valve by turning it counter-clockwise. Release the air at a rate of 2-4 mmHg per second.
9. Listen carefully for the appearance of sounds, watching the gauge needle. When you hear the first appearance of sound, it is the SYSTOLIC blood pressure reading.
10. Continue to release the air at a rate of 2-4 mmHg per second. When you no longer hear any sounds that is the DIASTOLIC blood pressure reading.
11. Turn the air release valve counter-clockwise to release the remaining air. Record the reading.



Ⓢ **Note:** If you want to take another reading, you can reinflate up to twice. Wait at least 2-3 minutes before measuring again, to avoid inaccurate readings due to the engorged blood vessels.

### Quick reference guide

#### Before

1. Relax for at least 5 minutes before taking a measurement.
2. Remove tight fitting clothing from the upper arm.
3. 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. Inflate unit to proper level. (20-30 mmHg above estimated Systolic pressure).
4. Do not talk or move during a measurement.
5. Deflate unit at 2-4 mmHg per second.

#### After

1. Wait 2-3 minutes before taking another measurement.

### 8. CLEANING AND MAINTENANCE

- To protect your unit from damage, please AVOID washing or moistening the cuff or dropping the gauge.
- The appliance should be checked at least every two years, if find the device's error that exceeds the technical date, must be recalibrated.
- To clean your sphygmomanometer use a clean soft cloth.
- Do not immerse the device in liquids to clean it.
- Do not hot sterilize.

When the cuff is fully deflated, the gauge needle must stay within the accuracy indicator zone. If the needle points outside of the accuracy indicator zone, the gauge will give inaccurate readings. In this case you have to bring the device to the nearest service center for calibration (address mentioned in warranty card).

### 9. TECHNICAL SPECIFICATION

Scale grading: 2 mmHg  
 Measurement range: 0-300 mmHg  
 Accuracy: ± 3 mmHg  
 Operating environment:  
 from 5° to +40°C,  
 humidity 15% – 85%  
 Storage environment:  
 from -20° to +55°C,  
 humidity 15% – 85%  
 Built to EN ISO 81060-1\2 Standards

### 10. WARRANTY

Warranty period is 2 years from the date of purchase. Warranty period for cuff is 1 year. This warranty doesn't cover any damages caused by improper using, and also packaging. When a manufacturing defect is revealed during the warranty period a faulty unit would be

repaired or, if repairing is impossible, replaced with another one. The manufacturer may change units partially or completely if necessary, without prior notice. Manufacturing date is encoded in the SN number on the gauge: month number, then last numbers of the year.

### 11. SYMBOL INFORMATION

- READ INSTRUCTIONS BEFORE USE
- MANUFACTURER'S NAME
- DISPOSAL FOR SEPARATE COLLECTION
- ARTICLE NUMBER
- SERIAL NUMBER
- OPERATING CONDITION, TEMPERATURE 5°C - 40°C
- STORAGE CONDITION, TEMPERATURE -20°C - 55°C