Continue

REF English INSTRUCTION MANUAL FOR DIGITAL BLOOD PRESSURE MONITOR CH-650 0901 01_CH650_en.Contents 3 - GENERAL REMARKS 5 - PRECAUTIONS FOR USE AND MAINTENANCE 10 - IDENTIFICATION OF PARTS 12 - LOADING THE BATTERIES 13 - REMOVING THE BATTERIES 14 - HOW TO WRAP THE WRIST CUFF 16 - TIPS FOR OBTAINING ACCURATE MEASUREMENTS 18 - MEASURING YOUR BLOOD PRESSURE 20 - CALLING UP THE DATA STORED IN MEMORY 22 - ERROR INDICATIONS 23 - ABOUT BLOOD PRESSURE 24 - BLOOD PRESSURE Q&A 25 - BEFORE REQUESTING REPAIRS OR TESTING 26 - SPECIFICATIONS Ensure that you have all the following components Blood pressureGENERAL REMARKS 1. To deflate the cuff quickly, press the START/STOP switch. 2. The attached cuff is suitable for wrist circumferences of 13.521.5 cm. 3. When attaching the cuff, the body of a blood pressure monitor should be placed on the inside of your wrist. 4. Self measurement is not therapy! In no event should you change the dosage of your medication prescribed by your physician. 5.GENERAL REMARKS English cold (below 10C) or too hot (above 40C) in the room. 7. DO NOT try to measure your blood pressure immediately after drinking coffee or tea or after smoking. 8. Measure your blood pressure when you are relaxed and still. Keep the center of the cuff at the level of your heart and DO NOT move your arm or talk. 9. DO NOT measure blood pressure when the cuff has been on your wrist for a few minutes or more.GENERAL REMARKS * Your blood pressure changes all the time. This means that data gathered over a long period has far more significance than data from just one measurement. For this reason, you must measure your blood pressure on a daily basis. Ideally, you should measure your blood pressure at the same time each day, wherever possible. English Measure your blood pressure at the same time each day. PRECAUTIONS FOR USE AND MAINTENANCE Precautions for use 1.PRECAUTIONS FOR USE AND MAINTENANCE English 10. DO NOT wrap the cuff around a wrist in which a drip (intravenous infusion) is inserted, or which is being used for blood transfusion as part of medical treatment. Doing so could result in an injury or a serious accident. 11. DO NOT use the monitor in the vicinity of flammable gases such as those used for anaesthesia. Doing so could ignite the gases and cause an explosion. 12.PRECAUTIONS FOR USE AND MAINTENANCE Symbols Explanation : The CE marking is meant to provide information to market inspectors in the EU member countries. : Type B applied part English 7. NEVER clean the blood pressure monitor with thinners or benzene, as this could damage the monitor. 8. To clean the cuff, wipe it with a moist cloth. Avoid hard rubbing, as this will cause air leakages.PRECAUTIONS FOR USE AND MAINTENANCE Nature and frequency of maintenance: This product is designed for use over an extended period of time; however, it is generally recommended that it be inspected every two years to ensure proper function and performance. English Protect the nature environment: Please help to protect natural environment by respecting national and/or local recycling regulations when disposing of the battery and the product at the end of their useful live.Name : Address : CITIZEN SYSTEMS JAPAN CO.,LTD. 6-1-12, Tanashi-cho, Nishi-Tokyo-shi, Tokyo 188-8511, Japan European Representative: Name : Address : WvW electronishe Gerte Vertrieb GmbH Fintelmannstrae 20/Eingang, Martin-Heydert-Strae, D-14109 Berlin, Germany For technical data, please contact our European Representative English PRECAUTIONS FOR USE AND MAINTENANCE - Eng 9 - 01_CH650_en.IDENTIFICATION OF PARTS Component names English Display MEMORY Switch START/STOP Switch w Stand-by Battery cover Wrist cuff - Eng 10 - 01_CH650_en.IDENTIFICATION OF PARTS English Systolic blood pressure Diastolic blood pressure Irregular Heartbeat (IHB) Indicator Pulse Body Movement Indicator Battery level indicator Appears when the batteries are running low. ( See page 13) - Eng 11 - 01_CH650_en.LOADING THE BATTERIES (Batteries supplied with the unit should be loaded in compartment before you use the blood pressure monitor.) English 1 Open the cover of battery compartment. Battery cover Pressing down on the battery cover, slide the cover off in the direction of the arrow. 2 Place batteries in the compartment. Put the batteries paying attention to the positive and negative and . terminal symbols * The battery goes in negative side first. Insert the battery near the display first.LOADING THE BATTERIES Close the battery cover. Slide the cover in the direction of the arrow. Push the cover on until it clicks. English 3 REMOVING THE BATTERIES When the icon is displayed or nothing appears in the display, replace the old batteries with two new ones. All two batteries should be changed at once. Use only alkaline batteries. Do not use rechargeable batteries. Do not use alkaline (LR03) and manganese (R03) batteries together.HOW TO WRAP THE WRIST CUFF Wrap the wrist cuff around your wrist properly. Improper wrapping of the cuff may result in measuring errors. English 1 2 Open the wrist cuff. Wrap the cuff around your left wrist so that the monitor is positioned on the inside of your wrist. Wrap the wrist cuff on bare skin. The wrist cuff is designed to fit wrists from 13.5 to 21.5 cm in circumference. 3 Loosely fit the wrist cuff by pulling the end of the cuff. - Eng 14 - 01_CH650_en.HOW TO WRAP THE WRIST CUFF Position the top edge of the cuff approximately 1 to 2 cm away from the crease of your wrist. 5 Secure the wrist cuff with the Velcro. English 4 If the wrist cuff is wrapped too loose or tight, errors or incorrect readings may result. You may use your right wrist to measure your blood pressure.TIPS FOR OBTAINING ACCURATE MEASUREMENTS Your blood pressure varies according to your posture, the time of day and a range of other factors. Ideally, you should measure your blood pressure in the same posture at the same time every day. English 1 Make sure that your posture is correct. Sit up straight, take a deep breath and relax. 2 Place your palm facing up and keep your fingers relaxed. 3 It is important to have the cuff level with your heart. Place a folded towel or similar under your arm.TIPS FOR OBTAINING ACCURATE MEASUREMENTS Do not clench your fist tightly. English To obtain correct measurements Do not wrap the wrist cuff too loosely. Do not change the position of the monitor. Do not move your body or talk during measurement - Eng 17 - 01_CH650_en.MEASURING YOUR BLOOD PRESSURE 1 Wrap the wrist cuff around your left wrist. ( English 2 Make sure that your posture is correct. ( 3 See page 14 HOW TO WRAP THE WRIST CUFF.) See page 16 TIPS FOR OBTAINING ACCURATE MEASUREMENTS.) Press the START/STOP switch to start measurement. is displayed when a pulse is detected. - Eng 18 - 01_CH650_en.MEASURING YOUR BLOOD PRESSURE The measurement results are displayed. Systolic blood pressure English 4 Diastolic blood pressure Irregular Heartbeat (IHB) Indicator Pulse Body Movement Indicator The Body Movement Indicator is displayed on the measurement results display if you move your hand or wrist during measurement, causing a substantial pressure change to be detected. If the Body Movement Indicator is displayed, measure your blood pressure again.MEASURING YOUR BLOOD PRESSURE 5 Finishing measurement. Press the START/STOP switch to turn the monitor off. English AUTOMATIC POWER OFF FEATURE After taking the blood pressure measurement, pressing the START/ STOP switch will turn the monitor off. However, if you do not press the switch, the monitors Auto OFF function will automatically turn the monitor off after 3 minutes. CALLING UP THE DATA STORED IN MEMORY 60 measurement results can be stored in the memory.CALLING UP THE DATA STORED IN MEMORY Each time you press the switch, the measurement data are displayed in order from the most recent to the oldest. The data number is displayed before the measurement results. English 2 The measurement results are displayed after the data number. The value stored in memory is numbered in the order of measurements. For example, when 60 sets of data are stored in memory, the data number 1 represents the latest data. Data number: 1, 2, 3, ... ...ERROR INDICATIONS DISPLAY MARK CONDITION/CAUSE CORRECTIVE ACTION English Appears when the wrist cuff is wrapped too loose. Re-wrap the wrist cuff snugly. Take another reading, making sure you remain still. ( See page 14 HOW TO WRAP THE WRIST CUFF.) Appears when your wrist moved during the measurement.; or Appears when the cuff is not wrapped correctly. Re-wrap the wrist cuff correctly. Take another reading, making sure you remain perfectly See page 14 still. ( HOW TO WRAP THE WRIST CUFF.ABOUT BLOOD PRESSURE The heart is a pump that circulates blood throughout your body. Blood is pumped from the heart at a constant pressure into arteries. This pressure is called the arterial blood pressure and represents, in general terms, your blood pressure. Blood pressure is indicated by several kinds of pressures, including the systolic pressure that occurs when the heart pumps blood, and the diastolic pressure that occurs when blood returns to the heart.BLOOD PRESSURE Q&A Q Why is the blood pressure measured at home different from that measured by the physician or at a hospital? A English Your blood pressure may vary due to exercise, the ambient temperature or your mental state. When you have a physician or nurse measure your blood pressure, the pressure value is likely to be 10 to 20 mmHg higher than usual due to anxiety and/or stress. Knowing what affects your blood pressure helps you to better monitor your health.BEFORE REQUESTING REPAIRS OR TESTING Make sure to check the following before sending your blood pressure monitor away to be tested or repaired. No measurements can be taken. Checks Response Check whether the batteries are dead. Replace all the batteries with new ones. Check whether the batteries are installed the right way round ( and oriented correctly). Load the batteries in the correct direction. Check whether the measurement icon is displayed. Attach the cuff properly.SPECIFICATIONS English Model Number Measurement system Display Wrist circumference range Measurement Pressure range Pulse Pressure Accuracy Pulse Inflation Rated voltage Exhaust Power supply CH-650 Oscillometric method Digital display type 13.5 to 21.5 cm 0 to 280 mmHg 40 to 180 pulse/min 3 mmHg 5% of reading Automatic inflation by internal pump ( : direct current) 3V DC Electromagnetic quick exhaust valve 2 AAA batteries (LR03) (180 mmHg, Battery duration Approx.01_CH650_en.CITIZEN is a registered trade mark of Citizen Holdings Co., Japan. CITIZEN es una marca registrada de Citizen Holdings Co., Japn. Design and Specification are subject to change without notice. 01_CH650_en.Page 2- Eng 3 -EnglishGeneral remarks on blood pressure and blood pressure measurement1. To de ate the cuff quickly, press the START/STOP switch.2. The attached cuff is suitable for wrist circumferences of 13.5-21.5 cm.3. When attaching the cuff, the body of a blood pressure monitor should be placed on the inside of your wrist.4. Self measurement is not therapy! In no event should you change the dosage of your medication prescribed by your physician.5. As preparation for measuring your blood pressure, you should urinate and then remain relatively still for 10 to 15 minutes prior to measurement.6. Exercising, eating, drinking, smoking, etc., prior to measurement may affect the results.7. Your blood pressure varies constantly throughout the day. Measurements should be taken regularly at the same time each day.8. DO NOT place too much emphasis on the results of one measurement. Keep a continuing record of your blood pressure variations. A complete picture can only be obtained from a large number of readings.9. Emotional stress tends to cause your blood pressure to rise.To obtain correct blood pressure measurements1. Take ve or six deep breaths and then relax before measuring your blood pressure. If you are tense when taking the measurement, you will not get a valid reading.2. Your blood pressure will be elevated if you are anxious or irritated, suffering from lack of sleep or constipation, or have just taken some exercise or eaten a meal.3. Wrap the cuff around your wrist snugly. ( See page 14)4. DO NOT measure your blood pressure after bathing or drinking.5. If you feel the need to urinate, do so before measuring your blood pressure.6. Measure your blood pressure where the room temperature is around 20C. DO NOT measure your blood pressure when it is too GENERAL REMARKS01_CH650_en.indd 301_CH650_en.indd 3 2009/09/30 11:49:312009/09/30 11:49:31Page 3- Eng 2 -Ensure that you have all the following componentsContents 3 - GENERAL REMARKS 5 - PRECAUTIONS FOR USE AND MAINTENANCE 10 - IDENTIFICATION OF PARTS 12 - LOADING THE BATTERIES 13 - REMOVING THE BATTERIES 14 - HOW TO WRAP THE WRIST CUFF 16 - TIPS FOR OBTAINING ACCURATE MEASUREMENTS 18 - MEASURING YOUR BLOOD PRESSURE 20 - CALLING UP THE DATA STORED IN MEMORY 22 - ERROR INDICATIONS 23 - ABOUT BLOOD PRESSURE 24 - BLOOD PRESSURE Q&A 25 - BEFORE REQUESTING REPAIRS OR TESTING 26 - SPECIFICATIONSBlood pressure monitor unitStorage case (for monitor) 2 AAA batteriesInstruction Manual01_CH650_en.indd 201_CH650_en.indd 2 2009/09/30 11:49:312009/09/30 11:49:31Page 4Design and Specication are subject to change without notice.CITIZEN is a registered trade mark of Citizen Holdings Co., Japan.CITIZEN es una marca registrada de Citizen Holdings Co., Japn.01_CH650_en.indd 2801_CH650_en.indd 28 2009/09/30 11:49:332009/09/30 11:49:33English Espaol Franais English Italiano Deutsch CH-657 REF Portugus INSTRUCTION MANUAL FOR DIGITAL BLOOD PRESSURE MONITOR 1202Contents 20 - CALLING UP THE DATA STORED IN MEMORY 22 - ERROR INDICATIONS 23 - ABOUT BLOOD PRESSURE 24 - BLOOD PRESSURE Q&A 25 - BEFORE REQUESTING REPAIRS OR TESTING 26 - SPECIFICATIONS To obtain correct blood pressure measurements Blood pressure monitor unit Storage case (for monitor) 2 AAA batteries - Eng 2 - Instruction Manual Ensure that you have all the following components 1. Take five or six deep breaths and then relax before measuring your blood pressure.140 130 Deutsch 120 High- Normal Normal Optimal 80 85 90 100 110 DIASTOLIC (mmHg) Italiano Franais Definitions and Classifications of Blood Pressure Levels 12. Intended Use This device is noninvasive blood pressure monitor by oscillometric method. This device can measure the systolic blood pressure (SYS), the diastolic blood pressure (DIA) and the pulse rate automatically.: Keep dry : Warning : Refer to instruction manual before use : Appliance compliance WEEE directive Pb : Accumulators and battery packs for separate collection : Manufacturer Deutsch Warning The device has been tested and homologated in accordance with EN60601-1-2 for EMC. This does not guarantee in any way that the device will not be affected by electromagnetic interference. Avoid using the device in high electromagnetic environment.WEEE MARK If you want to dispose this product, do not mix with general household waste. There is a separate collection systems for used electronics products in accordance with legislation under the WEEE Directive (Directive 2002/96/EC) and is effective only within European Union. CITIZEN SYSTEMS JAPAN CO.,LTD.IDENTIFICATION OF PARTS IDENTIFICATION OF PARTS English English Component names Espaol Systolic blood pressure MEMORY Switch Espaol Display Italiano START/STOP Switch w Stand-by Pulse Wrist cuff Battery level indicator Appears when the batteries are running low.LOADING THE BATTERIES Portugus REMOVING THE BATTERIES 2 When the icon is displayed or nothing appears in the display, replace the old batteries with two new ones. All two batteries should be changed at once. Use only alkaline batteries. Italiano Place batteries in the compartment. Put the batteries paying attention to the positive and negative and . terminal symbols * The battery goes in negative side first. Do not use rechargeable batteries.HOW TO WRAP THE WRIST CUFF Position the top edge of the cuff approximately 1 to 2 cm away from the crease of your wrist. 5 Secure the wrist cuff with the hook-and-loop fastener. Open the wrist cuff. Deutsch 3 Loosely fit the wrist cuff by pulling the end of the cuff. If the wrist cuff is wrapped too loose or tight, errors or incorrect readings may result. Italiano Franais You may use your right wrist to measure your blood pressure.Place your palm facing up and keep your fingers relaxed. Portugus 3 It is important to have the cuff level with your heart. Do not wrap the wrist cuff too loosely. Deutsch Italiano English Italiano Do not change the position of the monitor. Espaol Espaol 2 Do not clench your fist tightly. Portugus Make sure that your posture is correct. Sit up straight, take a deep breath and relax.MEASURING YOUR BLOOD PRESSURE Espaol Portugus Press the START/STOP switch to start measurement. All digits displayed is an initial display, indicating that the monitor is functioning normal. mark will also be displayed The but this does not indicate that the battery needs to be replaced.Espaol After taking the blood pressure measurement, pressing the START/ STOP switch will turn the monitor off. However, if you do not press the switch, the monitors Auto OFF function will automatically turn the monitor off after 3 minutes. Portugus CALLING UP THE DATA STORED IN MEMORY 90 measurement results can be stored in the memory. The average value is calculated automatically to help you manage your daily health. Deutsch HOW TO CALL UP THE DATA 1 Press the MEMORY switch.Espaol Portugus Deutsch Appears when your wrist moved during the measurement.; or Appears when the cuff is not wrapped correctly. Re-wrap the wrist cuff correctly. Take another reading, making sure you remain perfectly See page 14 still. ( HOW TO WRAP THE WRIST CUFF.) Appears when the batteries have run out. Replace two alkaline batteries with new See page ones. ( 13 REMOVING THE BATTERIES.) The heart is a pump that circulates blood throughout your body.Portugus Deutsch pressure differs with every heart beat. We are likely to think that our blood pressure is constant, but it varies if you take measurements in repetition. Blood pressure is susceptible to the time of day, such as morning and afternoon, season and atmospheric temperature. In addition, blood pressure is easily affected by mental stress or emotional ups and downs. It tends to increase when you feel tension or decrease when you are relaxed. No measurements can be taken.SPECIFICATIONS English Espaol Portugus Model Number Measurement system Display Wrist circumference range Measurement Pressure range Pulse Pressure Accuracy Pulse Inflation Rated voltage Exhaust Power supply Deutsch Italiano Franais CH-657 Oscillometric method Digital display type 13.5 to 21.CITIZEN is a registered trade mark of Citizen Holdings Co., Ltd., Japan. Design and Specification are subject to change without notice.Page 2- Eng 4 -DeutschEnglishEspaolPortugusItalianoFranais- Eng 5 -EnglishEspaolPortugusDeutschItalianoFranaisPrecautions for use1. If you suffer from heart disease, high blood pressure or other circulatory disease, consult your physician before using the monitor.2. If you feel abnormal pressure of the cuff during use or any other irregularity, reduce the pressure by immediately switching off the power or remove the batteries and consult the sales outlet where purchased.3. If you think the measurement is abnormal or if measurement makes you feel unwell, discontinue use and consult your physician.4. Blood pressure measurement may not be possible for anyone with a weak pulse or arrhythmia.5. Repeated blood pressure measurement may cause problems such as congestion or swelling in some people.6. Frequently repeated blood pressure measurements will not give accurate results. Allow an interval of about 1 minute between measurements.7. If you suffer from a severe problem with blood circulation in your arms, consult your physician before using the monitor. Failure to do so could be hazardous to your health.8. Measurement may not be possible for anyone with insuf cient blood ow to the area where measurements will be taken or who suffers from a frequent irregular heartbeat. Consult your physician for advice on whether to use the monitor.9. DO NOT wrap the cuff around an injured wrist.10. DO NOT wrap the cuff around a wrist in which a drip (intravenous infusion) is inserted, or which is being used for blood transfusion as part of medical treatment. Doing so could result in an injury or a serious accident.11. DO NOT use the monitor in the vicinity of ammable gases such as those used for anaesthesia. Doing so could ignite the gases and cause an explosion.12. DO NOT use the monitor in enriched oxygen environments such as a hospitals hyperbaric chamber or oxygen tent. Doing so could ignite the oxygen and cause a re.PRECAUTIONS FOR USE AND MAINTENANCEGENERAL REMARKS10. If the Body Movement Indicator or Irregular Heartbeat (IHB) Indicator is displayed, relax and measure your blood pressure again. If the Irregular Heartbeat (IHB) Indicator appears frequently, you are advised to consult a doctor about your health condition. ( See page 19)11. The gure below shows the blood pressure classi cations under the WHO standards.Remarks:The graph is not exact, but may be used as a guide in understanding non-invasive blood pressure measurements. The device is only intended for use by adults.SYSTOLIC(mmHg)80 85 90 100 110 DIASTOLIC(mmHg)Grade 3 Hypertension (severe)Grade 2 Hypertension (moderate)Grade 1 Hypertension (mild)High-NormalNormalOptimal160140130120180De nitions and Classi cations of Blood Pressure Levels12. Intended Use This device is noninvasive blood pressure monitor by oscillometric method. This device can measure the systolic blood pressure (SYS), the diastolic blood pressure (DIA) and the pulse rate automatically. This device is intended to be used for checking personal health condition at home under the direction of a physician and is not intended to be a diagnostic device. This device is not intended for use with neonates or infant, and not intended for automatic cycling measurement.Measure your blood pressure at the same time each day.* Your blood pressure changes all the time. This means that data gathered over a long period has far more signi cance than data from just one measurement. For this reason, you must measure your blood pressure on a daily basis. Ideally, you should measure your blood pressure at the same time each day, wherever possible.Page 3- Eng 2 - - Eng 3 - EnglishEspaolPortugusDeutschItalianoFranaisGeneral remarks on blood pressure and blood pressure measurement1. To de ate the cuff quickly, press the START/STOP switch.2. The attached cuff is suitable for wrist circumferences of 13.5-21.5 cm.3. When attaching the cuff, the body of a blood pressure monitor should be placed on the inside of your wrist.4. The monitor is not intended to be a diagnostic device, because it is intended for home use.5. Self measurement is not therapy! In no event should you change the dosage of your medication prescribed by your physician.6. As preparation for measuring your blood pressure, you should urinate and then remain relatively still for 10 to 15 minutes prior to measurement.7. Exercising, eating, drinking, smoking, etc., prior to measurement may affect the results.8. Your blood pressure varies constantly throughout the day. Measurements should be taken regularly at the same time each day.9. DO NOT place too much emphasis on the results of one measurement. Keep a continuing record of your blood pressure variations. A complete picture can only be obtained from a large number of readings.10. Emotional stress tends to cause your blood pressure to rise.To obtain correct blood pressure measurements1. Take ve or six deep breaths and then relax before measuring your blood pressure. If you are tense when taking the measurement, you will not get a valid reading.2. Your blood pressure will be elevated if you are anxious or irritated, suffering from lack of sleep or constipation, or have just taken some exercise or eaten a meal.3. Wrap the cuff around your wrist snugly. ( See page 14)4. DO NOT measure your blood pressure after bathing or drinking.5. If you feel the need to urinate, do so before measuring your blood pressure.6. Measure your blood pressure where the room temperature is around 20C. DO NOT measure your blood pressure when it is too cold (below 10C) or too hot (above 40C) in the room.7. DO NOT try to measure your blood pressure immediately after drinking coffee or tea or after smoking.8. Measure your blood pressure when you are relaxed and still. Keep the center of the cuff at the level of your heart and DO NOT move your arm or talk.9. DO NOT measure blood pressure when the cuff has been on your wrist for a few minutes or more. During this time, your wrist will have built up a higher blood pressure and you will not get valid reading.GENERAL REMARKSEnsure that you have all the following componentsContents 3 - GENERAL REMARKS 5 - PRECAUTIONS FOR USE AND MAINTENANCE 10 - IDENTIFICATION OF PARTS 12 - LOADING THE BATTERIES 13 - REMOVING THE BATTERIES 14 - HOW TO WRAP THE WRIST CUFF 16 - TIPS FOR OBTAINING ACCURATE MEASUREMENTS 18 - MEASURING YOUR BLOOD PRESSURE 20 - CALLING UP THE DATA STORED IN MEMORY 22 - ERROR INDICATIONS 23 - ABOUT BLOOD PRESSURE 24 - BLOOD PRESSURE Q&A 25 - BEFORE REQUESTING REPAIRS OR TESTING 26 - SPECIFICATIONSBlood pressure monitor unitStorage case (for monitor) 2 AAA batteriesInstruction ManualPage 4- Eng 6 -DeutschEnglishEspaolPortugusItalianoFranais- Eng 7 -EnglishEspaolPortugusDeutschItalianoFranaisPRECAUTIONS FOR USE AND MAINTENANCE13. DO NOT use mobile phones near the monitor as this could result in a malfunction.14. If you use a cardiac pacemaker, consult your physician before using the monitor.15. Be sure to use this unit only for measuring blood pressure. DO NOT use it for any other purpose.16. Be sure to use only our authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.17. DO NOT use this unit on infants.18. Blood pressure measurement may not be possible for anyone with common arrhythmias such as atrial or ventricular premature beats or atrial brillation.Maintenance Precautions1. DO NOT store the blood pressure monitor in locations exposed to direct sunlight, high temperatures (over 60C), low temperatures (below -20C), high relative humidity (over 95%) or excessive amounts of dust. Make sure to store the blood pressure monitor, where children, pets and or pests are not there.2. DO NOT drop the blood pressure monitor or subject it to other shocks or vibration.3. Remove the batteries if the monitor will be left unused for a long period.4. DO NOT attempt to disassemble the monitor.5. DO NOT bend the cuff excessively.6. If the monitor is very dirty, wipe it clean with a cloth moistened with sterilizing alcohol or a neutral detergent. Then wipe it with a dry cloth.7. NEVER clean the blood pressure monitor with thinners or benzene, as this could damage the monitor.8. To clean the cuff, wipe it with a moist cloth. Avoid hard rubbing, as this will cause air leakages.WarningNo modi cation of this device is allowed.Symbols Explanation: The CE marking is meant to provide information to market inspectors in the EU member countries.: Type BF applied part: Keep dry: Warning: Refer to instruction manual before use: Appliance compliance WEEE directivePb: Accumulators and battery packs for separate collection: ManufacturerWarningThe device has been tested and homologated in accordance with EN60601-1-2 for EMC. This does not guarantee in any way that the device will not be affected by electromagnetic interference. Avoid using the device in high electromagnetic environment.PRECAUTIONS FOR USE AND MAINTENANCEPage 5- Eng 10 -DeutschEnglishEspaolPortugusItalianoFranais- Eng 11 - EnglishEspaolPortugusDeutschItalianoFranaisIDENTIFICATION OF PARTSComponent namesSTART/STOP Switchw Stand-byDisplayBattery coverMEMORY SwitchIDENTIFICATION OF PARTSBattery level indicatorAppears when the batteries are running low. ( See page 13)PulseIrregular Heartbeat (IHB) IndicatorBody Movement IndicatorWrist cuffSystolic blood pressureDiastolic blood pressurePage 6- Eng 8 -DeutschEnglishEspaolPortugusItalianoFranais- Eng 9 -EnglishEspaolPortugusDeutschItalianoFranaisNature and frequency of maintenance:This product is designed for use over an extended period of time;however, it is generally recommended that it be inspected every twoyears to ensure proper function and performance.Protect the nature environment:Please help to protect natural environment by respecting national and/or local recycling regulations when disposing of the battery and the product at the end of their useful live.WEEE MARKIf you want to dispose this product, do not mix with general household waste. There is a separate collection systems for used electronics products in accordance with legislation under the WEEE Directive (Directive 2002/96/EC) and is effective only within European Union.Information for Users on Collection and Disposal of used Batteries.The symbol in this information sheet means that used batteries should not be mixed with general household waste. For proper treatment, recovery and recycling of used batteries, please take them to applicable collection points. For more information about collection and recycling of batteries, please contact your local municipality, your waste disposal service or the point of sale where you purchased the items. Information on Disposal in other Countries outside the European Union.This symbol is only valid in the European Union. If you wish to discard used batteries, please contact your local authorities or dealer and ask for the correct method of disposal.Note for the battery symbol.The symbol might be used in combination with a chemical symbol. In this case it complies with the requirement set by the Directive for the chemical involved.Reference European standard:The blood pressure measuring device corresponds to regulation EN60601-1, EN1060-1, EN1060-3, EN1060-4.Calibration:The blood pressure measuring device is generally recommended to have the monitor inspected every two years to ensure correct functioning and accuracy. Please contact a distributor.PbPRECAUTIONS FOR USE AND MAINTENANCEName :Address :CITIZEN SYSTEMS JAPAN CO.,LTD.6-1-12, Tanashi-cho, Nishi-Tokyo-shi,Tokyo 188-8511, JapanEuropean Representative:Name : WvW electronishe Gerte Vertrieb GmbHAddress : Fintelmannstrae 20/Eingang, Martin-Heydert-Strae, D-14109 Berlin, Germany For technical data, please contact our European RepresentativePRECAUTIONS FOR USE AND MAINTENANCEPage 7- Eng 12 -DeutschEnglishEspaolPortugusItalianoFranais- Eng 13 -EnglishEspaolPortugusDeutschItalianoFranaisLOADING THE BATTERIES (Batteries supplied with the unit should be loaded in compartment before you use the blood pressure monitor.)1 Open the cover of battery compartment.2 Place batteries in the compartment. Put the batteries paying attention to the positive and negative terminal symbols and . * The battery goes in negative side rst.Insert the battery near the display rst.Pressing down on the battery cover, slide the cover off in the direction of the arrow.LOADING THE BATTERIESREMOVING THE BATTERIES When the icon is displayed or nothing appears in the display, replace the old batteries with two new ones. All two batteries should be changed at once. Use only alkaline batteries. Do not use rechargeable batteries. Do not use alkaline (LR03) and manganese (R03) batteries together. Batteries included are for demonstration purposes only. Battery life may be shorter than speci ed. When disposing of used batteries, comply with governmental regulations or environmental public institutions rules that apply in your country/area.3 Close the battery cover.Slide the cover in the direction of the arrow. Push the cover on until it clicks.Battery cover Using a digital blood pressure monitor is a convenient way to measure your BP. Unlike the manual device, it does not require you to listen to the Korotkoff sounds the tapping sounds occurring as you gradually deflate the cuff. Still, to have accurate results, you need to use the device correctly. Here are the steps on how to use a digital blood pressure monitor. How To Use a Digital Blood Pressure Monitor When using a digital blood pressure monitor, remember the following step-by-step guide: 30 Minutes Before, Relax Half an hour before checking your BP, take a break. Do not perform any physical activity, smoke, or drink caffeinated beverages. Also, go to the bathroom to empty your bladder. Finally, 5 minutes before the reading, be still. Assume the Correct Position Sit on a chair with your back straight. You should be well-supported. Whenever possible, use a dining chair and not the sofa. Make sure that your feet are flat on the ground. Place your arm on a flat, sturdy surface, like a table. Make sure that the upper arm is at the hearts level. Wear the cuff snuggly on your bare arm it shouldnt be too tight, but also not loose. You should only be able to insert two fingers on the top edge of the cuff. Also, the bottom of the cuff should be about 1 inch above the elbow bend, and the tube must sit directly in the front center of the arm. Wait a moment before pressing the start button. Once you press it, the cuff will inflate and then deflate to get your reading. Your blood pressure result (along with your pulse rate) will be displayed on the panel. Take 2 or 3 readings one to two minutes apart. This is to check if the reading is accurate. Please note that the results need not be the same, but they should be close to one another (i.e., 112/68 mmHg, 110/66 mmHg). Finally, dont forget to record your results in a tracker. With the tracker, you can easily see if your BP is rising, falling, or staying within the target range. The doctor will also use this tracker to see if they need to change your medicine or diet. What If The Results Are Too High? According to experts, a single reading thats slightly or moderately higher than normal is usually not a cause of concern. The best thing to do is check your BP a couple of times more and ask the doctor if its a concern or an issue with the device. If your systolic blood pressure (number on top) is higher than 180 mmHg or if you have higher than normal BP plus symptoms like headaches, blurred vision, vomiting, nausea, or loss of consciousness, go to the hospital right away as this might be a hypertensive crisis. After learning the step-by-step procedure on how to use digital blood pressure monitor, lets talk about some important reminders: Monitor your blood pressure twice daily at the same time each day. In the morning, you can measure before eating and taking your medication; you can check before going to bed in the evening. Maintain the cuff and the device. Always check the cuff if it has damages and replace batteries regularly. Refrain from checking your BP if youre upset or anxious. How do you use a digital blood pressure device? To summarize, you need to relax half an hour before measurement, assume the correct position, wear the cuff snuggly, take at least two readings, and record your results. Learn more about Hypertension here. [embed-health-tool-heart-rate]

**How to use citizen blood pressure monitor. Digital blood pressure monitor. Citizen digital blood pressure monitor. How to set digital blood pressure monitor. Does digital blood pressure monitor work. How to use digital blood pressure monitor. How do i set my digital blood pressure monitor.**


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