



# BLOOD PRESSURE KIT

**REF** MDS9300

**REF** MDS9301

# INDICATION FOR USE

Medline's Sphygmomanometer with Stethoscope is a non-automated, mechanical blood pressure monitor that is used for the indirect measurement (noninvasive) and display of arterial blood pressure. It can be used by professionals, as well as trained, individual users at hospitals or at home to monitor both systolic and diastolic pressure.

## OPERATION INSTRUCTION

### POSITION THE CUFF

1. Make sure all the rubber hoses on the instrument are firmly connected.
2. Roll up your sleeve so that the cuff is on bare skin (measurements on the left arm are preferable) and make sure it does not restrict the blood circulation. Then extend the cuffed arm with palm up in a relaxed posture.
3. Wrap the upper arm with the cuff and place the stethoscope so that the stethoscope diaphragm touches the arm near the hollow of the elbow. Place the cuff over the upper arm so that the edge of the cuff is approximately 1 inch (2cm) above the elbow.
4. Hold the end of the cuff and wrap it around the arm to secure the Velcro seal.

### INFLATING THE CUFF

5. Adjust the valve on the bulb so that no air leakage occurs when pumping.
6. Put on the stethoscope earpieces and adjust the position of the stethoscope head so that the artery pulse beats can be heard.
7. Inflate cuff by squeezing the bulb until the pulse beat can no longer be heard. At this moment, further raise the pressure by 20 mmHg.

### MEASURING

8. Slowly turn the valve on the bulb so that the pressure steadily drops 2-4 mmHg (1-2 small scales of the display) with each beat of the heart.
9. With the stethoscope, listen carefully when the pressure drops. Once you hear the thumping sound of heart, note the reading on the gauge display. The reading indicates the systolic (high) pressure of the heart at this moment.
10. Let the pressure drop further. Listen to the beating carefully. There will be a moment when you will no longer hear any beating sound. The reading on the gauge at that moment indicates the diastolic (low) pressure.

### DEFLATING THE CUFF

11. Turn the valve of the bulb to release cuff pressure completely. Pull the end of the cuff to unwrap the arm.

### RECORD READING

12. Immediately record the readings just measured with time and date.

## **PRECAUTIONS FOR USE**

Please consult a physician for interpretation of pressure measurements.

## **HINT FOR MAKING STANDARD OPERATIONAL PROCEDURES (FOR HOME USERS)**

1. Always use the instrument under specified conditions.
2. To avoid inaccurate results, rest for 5 to 10 minutes between each measurement.
3. Blood pressure varies constantly through the day. To regularly monitor the blood pressure, measurement should be made at the same time each day.
4. Exercise, eating, alcoholic drinks, smoking, emotional stress etc. may affect measurement results. Before measurement, rest for an hour after stopping those activities.
5. Make sure the cuff is wrapped around the arm at the level of heart.
6. Inaccurate reading may result if the incorrect size of cuff is used. Refer to cuff sizing specifications
7. The reading of pressure may not be accurate if you take the blood pressure of a person whose arm size is outside of the guidelines specified on the cuff.

## **CARE AND MAINTENANCE**

Always deflate the cuff before storing.

Avoid touching the diaphragm of the stethoscope to prevent damage.

Do not drop or strike the instrument.

Do not wash or dry clean the cuff. Only use a soft and slightly damp cloth to clean the instrument and the cuff.

Keep the instrument at a dry cool place of room temperature.

## **TECHNICAL SPECIFICATIONS**

Storage temperature:  $-20^{\circ}\text{C}$  to  $+70^{\circ}\text{C}$

Operation temperature:  $0^{\circ}\text{C}$  to  $46^{\circ}\text{C}$

Humidity: 85% relative humidity maximum

Measuring range: 0 to 300 mmHg

Accuracy: within  $\pm 3\text{mmHg}$

Measuring resolution: 2 mmHg

Inflation source: a volume of at least 200cc to a pressure of 300mmHg in 4 to 10 sec

Pressure reduction rate: 2-3 mmHg/sec

Air leakage:  $< \pm 4\text{mmHg/min}$

Hysteresis error: within 0mmHg to 4mmHg

## **WARRANTY INFORMATION**

Medline Industries, Inc. warrants this aneroid sphygmomanometer gauge against any defects in material and workmanship for a period of one (1) year after the date of purchase or for thirty thousand (30,000) inflations, whichever ever comes first. The associated parts, specifically, the cuff, bladder, bulb, and valve are warranted for a period of six (6) months after the date of purchase or for ten thousand (10,000) uses, whichever ever comes first. These uses include, but are not limited to, inflation of the bladder and bulb and attachment of the cuff hook and loop closure. Excluding cases of freight damage, tampering, clear abuse, misuse, or accidents, Medline Industries, Inc. will, at its discretion, repair or replace this sphygmomanometer and/or its parts during the warranty period without charge. No representative or person is authorized to assume for us any liability in connection with the sale of the products, of Medline Industries, Inc. This warranty gives you specific legal rights, and you may also have other rights that may vary from state to state. Prior to shipping any product, please contact either Medline Industries, Inc. at 1-800-MEDLINE or an authorized Medline sales representative with any warranty concerns.







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