

HOW TO MEASURE YOUR BLOOD PRESSURE

1. In order to get an optimal reading, sit in a chair upright but relaxed. Keep your feet flat on the floor. Remove any tight fitting clothing from the arm you want to monitor from.

CAUTION: Make sure that the unit is assembled properly. Failure to do so may result in injury or an incorrect reading.

2. Slip the cuff up your right or left arm, placing the bottom edge of the cuff 1-2 cm above the hollow of your elbow and position the marking above the brachial artery. (to locate the brachial artery, press two fingers a inch above the bend of your elbow on the inside of your arm and feel for pulse or listen with stethoscope).

3. Pull the end of the cuff downward until the cuff fits snugly around your arm. Push down on the Velcro to fasten cuff.

4. Place your slightly flexed arm on a table so that the cuff is at the same level as your heart. Musculature should be fully relaxed.

5. Lay the gauge flat, or clip to a hard cover book, on the table in front of you.

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6. Slip the chest piece of the stethoscope under the cuff over the brachial artery. If necessary, readjust the cuff. Place the stethoscope binaural in your ears. (make sure the ear-tips are securely fastened to the binaural before placing them in your ears). Adjust the binaural for comfort.

7. Close the air release valve attached to the inflation bulb by turning it clockwise with your thumb and and forefinger.

8. Start measuring by slowly and steadily pumping the bulb to inflate the cuff to its maximum pressure.

If you know your SYSTOLIC reading inflate the cuff until the guage reaches approximately 30 mmHg above your expected maximum. If you do not know your systolic reading, inflate the cuff to 180 mmHg.

9. Slowly open the air release valve by turning it counter-clockwise, releasing the air as uniformly as possible, at a rate of 2-3 mmHg per second.

10. Listen carefully for your heartbeat. Watch the needle on the gauge. When you hear the first thumping sound, note the reading on the gauge, this reading corresponds to your SYSTOLIC blood pressure.

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11. Continue releasing air from the cuff slowly. When you no longer hear any thumping sounds, note the reading on the gauge. This is your DIASTOLIC blood pressure reading.

12. After taking your measurements, remove the cuff from your arm. Make sure the air release valve is open (by turning counter-clockwise), gently press on the cuff to release all the air from the bladder, before storing the cuff.

NOTE: If you made a mistake, or if your reading is doubtful, do not re-inflate the cuff immediately, wait 2-5 minutes and then start again. Waiting allows the engorged blood vessels to return to normal. If you want to take successive readings, wait 5-10 minutes between readings, you may require more rest time between readings, depending on your health.

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To obtain an optimal reading

1. Measure your blood pressure at the same time each day.
2. Relax for at least 5 minutes before taking your blood pressure.
3. Do not take a measurement when you feel stressed.
4. Do not eat, smoke or exercise for at least 30 minutes before taking your measurement.
5. Do not talk or move during a measurement.

HOW TO CHECK YOUR BLOOD PRESSURE KIT FOR ACCURACY

1. Detach manometer from bladder tube. Hold manometer in a vertical position.
2. If the needle on the dial rests within the zero indicator on the face plate, your unit is guaranteed to be accurate.
3. If the needle rests outside the zero indicator, it should be recalibrated.
4. To recalibrate, insert the small screwdriver into the hose connector end of the manometer. Turn the screw driver in either direction without going all the way around the dial to get the needle back to the zero indicator.