

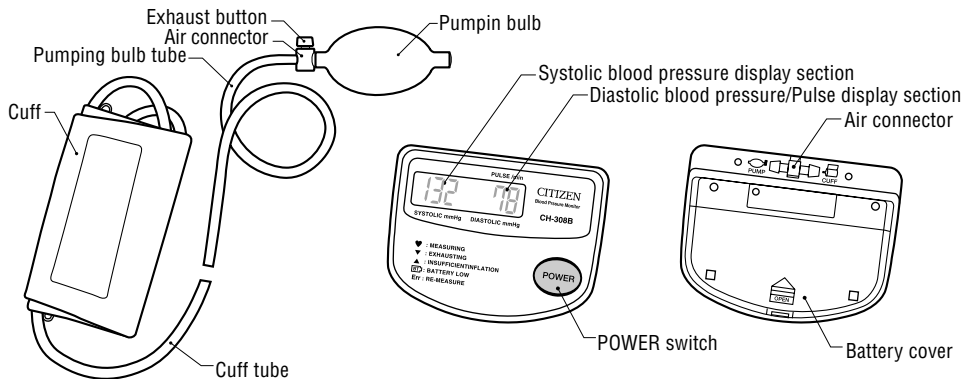
CITIZEN™

INSTRUCTION MANUAL FOR DIGITAL BLOOD PRESSURE MONITOR

English

REF CH-308B

IDENTIFICATION OF PARTS



SPECIFICATIONS

| | |
|-------------------------------------|--|
| Model Number | CH-308B |
| Measuring Principle | Oscillometric Method |
| Measurement Localization | Left Upper Arm |
| Cuff | Soft cuff |
| Aim Circumference Range | 22.0 to 32.0 cm |
| Measurement Range | Pressure 0 - 280 mmHg |
| | Pulse 40 - 200 Pulse/Min |
| Accuracy | Pressure ± 3 mmHg |
| | Pulse $\pm 5\%$ of reading |
| LCD Indication | Pressure |
| | Systolic Blood Pressure: 3 digits |
| | Diastolic Blood Pressure: 3 digits |
| | Pulse Rate: 3 digits |
| | Alternatively |
| | Measuring: ♥ Exhaust: ▼ Re-Measure: ▲ Battery: [B] |
| LCD | Viewing Size 19.5(H) \times 63.0(W) mm |
| | Digit Size 12.9(H) \times 6.0(W) mm |
| Switch | "POWER" switch |
| Inflation | Manual Inflation by Pumping Bulb |
| Deflation | Air release system |
| Exhaust | Quick Exhaust Valve |
| Rated Voltage | 6VDC |
| Power Source | 4 "AA" Size Batteries |
| Power Consumption | 0.1 W |
| Battery Life | Approx. 1000 time Manganese (160 mmHg, 1 time / day, 22°C) |
| Automatic Power off Function | Approx. 3 min. (after activated) |
| Memory Function | One Memory |
| Dimensions | 123(W) \times 95(D) \times 44(H) mm |
| Weight | Approx. 410g (Apparatus and batteries) |
| Operating Environment | Temperature 10 to 40°C |
| | Humidity 30 to 85% RH |
| Storage Environment | Temperature -20 to 60°C |
| | Humidity 10 to 95% RH |

*Specifications may be changed without notice in the event of improvements being made.

CLEANING METHOD OF CUFF

After cleaning the cuff with a neutral detergent, lightly rinse it with water and let it dry in the air. Hard rubbing or washing in a washing

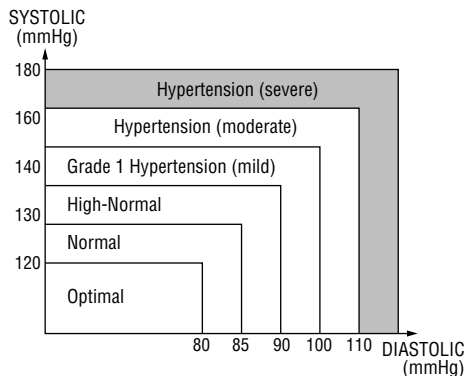
machine will cause air leakage. Also, be careful not to get water into the air hose.

GENERAL REMARKS

General Remarks on blood pressure measurement

- If the cuff is to be deflated quickly, depress "Exhaust button".
- The attached cuff is suited for an arm circumference of 22cm to 32cm.
- When attaching the cuff, cuff tube should be placed on the inside of your arm on top of the arterial.
- Self-measurement is no therapy! In no case the dosage of medications ordered by the doctor may be changed.
- In preparation for blood pressure measurement, you should urinate and should remain relatively still for 10 to 15 minutes prior to measurement.
- Exercise, eating and drinking, smoking, etc., prior to measurement may affect the result.
- The blood pressure varies constantly throughout the day. Measurement should be made regularly at the same time each day.
- Do not be too impressed by the result of one measurement. Keep a record of blood pressure variations. Many readings tell a story.
- Emotional stress may tend to cause blood pressure to rise.

- Next figure shows the classification of blood pressure according to WHO-standard.



Definition and Classification of Blood Pressure Levels

For proper measurement of blood pressure

- Take a deep breath five or six times and then relax before measuring blood pressure. If you are tense when taking the measurement, you will not get a valid reading
- Blood pressure will be elevated when you are in a worrisome or irritated state, suffering from lack of sleep or constipation, or after exercise or a meal.
- Putting on the cuff is one of the most important tasks for ensuring proper measurement of blood pressure. Wind the cuff around the arm and tighten it so that one finger may be inserted between the cuff and arm.
- DO NOT measure blood pressure after bathing or drinking.
- When you feel like relieving yourself, you should do so before measuring blood pressure.
- Measure blood pressure where the room temperature is about 20°C. DO NOT measure blood pressure when it is too cold (below 10°C) or too hot (above 40°C) in the room.
- DO NOT try to measure blood pressure immediately after drinking coffee or tea or smoking.
- Measure blood pressure with a relaxed and quiet posture. Keep the center of the cuff at the level of your heart, and do NOT move your arm or talk.
- DO NOT measure blood pressure after the cuff has been on for a few minutes, as your arm will have built up higher blood pressure, and you will not get a valid reading.

PRECAUTION FOR USE AND MAINTENANCE

Precautions for use

- If you suffer from heart disease, high blood pressure or other circulatory disease, please consult your doctor first.
- If you feel abnormal pressure of the cuff during use or any other irregularity, reduce the pressure by immediately switching off the power or removing the batteries and consult the sales outlet where purchased.
- If you think the measured value is abnormal or if measuring makes you feel unwell, discontinue use and consult your doctor.
- Measurement of blood pressure may not be possible for someone with a weak pulse or arrhythmia.
- Congestion, swelling, etc. may occur in some people.

- If blood pressure is measured repeatedly, an accurate result will not be achieved. An interval of about 10 minutes should be allowed.
- The memory is erased if the batteries are removed for replacement, etc. and a record should be kept of any necessary data.

Precautions for maintenance

- DO NOT store the blood pressure meter where it will be exposed to direct sunlight, high temperature (over 60°C), low temperature (below -20°C), high relative humidity (over 95%) or in a dusty place.
- DO NOT expose the blood pressure meter to undue force or vibration, or drop it.

- NEVER wipe the meter with thinner or benzene, as they may damage it.
- Dispose batteries according to local regulations.
- 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,
- When the meter is very dirty, wipe it clean with a cloth moistened with a neutral detergent, and then wipe it with a dry cloth.
- Please wipe the cuff with moist cloth. Hard rubbing will cause air leakage. Also, be careful not to get water into the air hose.

Nature and frequency of maintenance:

This products 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.

Protect the nature environment:

Please help protect natural environment by respecting national and/or local recycling regulations when disposing of the batteries and the products at the end of their useful lives.

Reference European standard:

This products complies with EC instructions 93/42/EEC (Medical Device Directive) and with the following standards: EN 1060-1 : 1995 "Noninvasive Sphygmomanometers, Part 1 General Requirements" and EN 1060-3 : 1997 "Noninvasive Sphygmomanometers, Part 3 Supplementary Requirements" for Electromechanical Blood-Pressure Measuring Systems.

Manufacturer:

Name: Premier Precision Ltd.
Address: Block E, G-H, 6th floor,
Phase 2, Yip Fat Factory Building,
73-75 Hoi Yuen Road,
Kwun Tong, Kowloon, Hong Kong

European Representative:

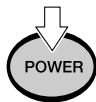
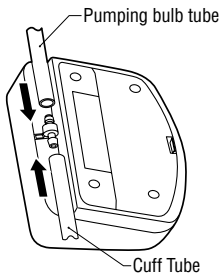
Name: WvW elektronische Geräte Vertrieb GmbH.
Address: Robert-Koch-Straße 20,
D-80538 München,
GERMANY



MEASUREMENTS

3.1 Turn Power On

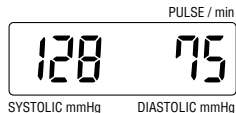
Push the cuff tube and Pumping bulb tube over the air connectors.



Press the "Power" switch for Power on.

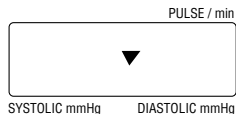


All display mark appear for approx. 1 second and buzzer beeps.

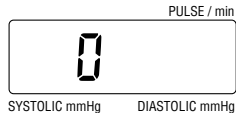


After all display marks are disappeared, the last measured systolic and diastolic blood pressure values are displayed. (Value of Pulse is not memorized nor displayed).

Memory function works on for approximately 2 second or during depressed the "Power" switch.



After memorized blood pressure value is disappeared, deflation mark "▼" appears.



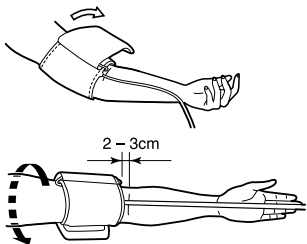
If there is some air remaining in the cuff, release air with the exhaust button until the "0" appears. The buzzer beeps three times.

The unit is now ready to take new measurement.

3.2 Attaching of Arm Cuff and Posture During Measurement



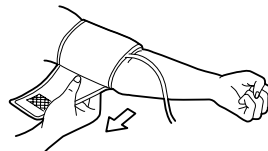
Unfasten and open the cuff as shown in the figure.



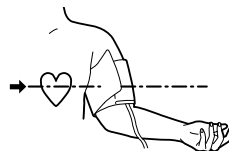
Wind the arm cuff around the left upper arm tightly so that bottom edge of the cuff is positioned about 2 – 3cm above the elbow joint.

- When you will wind the cuff, please wind the cuff next to the skin if possible.
(If measurement is made by rolling the shirts or jacket up over the arm, this will constrict the upper arm and prevent accurate measurement.)
- Cuff tube should be placed on the inside of your arm on top of the arterial as figure.

- In no case the metal ring of cuff should be situated on the inside of the upper arm.



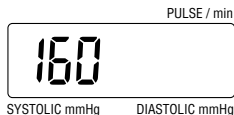
- Please make sure that the cuff is fastened tightly. Note that uneven cuff winding will prevent proper measurements.



Rest the elbow on a table so that the section of the upper arm is at the height of the heart. Relax the lower arm across the table and remain still, since movement – artifacts may falsify the measuring result.

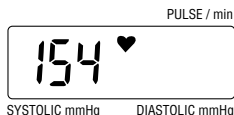
Make measurements in either a seated or reclining posture with the palm turned upward.

3.3 Pressurize the cuff

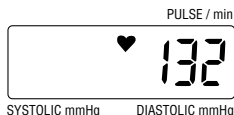


Pressurize the cuff by pumping bulb until you have a reading of approximately 30 to 40 mmHg higher than your regular systolic blood pressure.

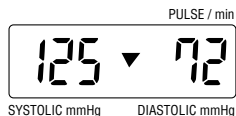
Note: At pressure of 140,170, 200, 240 mmHg, the buzzer beeps two times.



When pressurization is completed, the automatic the automatic air release system will gradually reduce cuff pressure, and Measuring Mark "♥" will appear on the display indication that measurement is in progress.



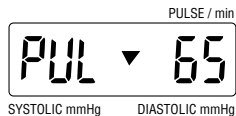
When a pulse is detected, the pressure value moves to the right side of the display. At this time Measuring Mark "♥" flashes with a short beep at the same time as pulse rate.



When the diastolic pressure valve is detected, the measurement is completed and buzzer beep.

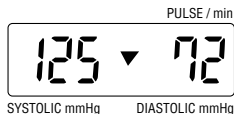
Systolic pressure is displayed on the left and diastolic pressure on the right side of the display.

After completion of measurement, the mark "▼" appears.



Approximately 2 seconds later, blood pressure values and pulse appear alternatively on the display.

3.4 Press the exhaust button



Press the exhaust button valve to completely release the air in the cuff.

3.5 Power off

Press the "POWER" switch to turn off,

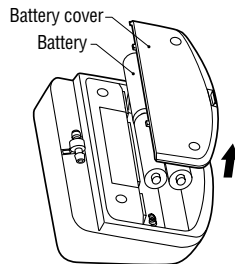
3.6 Subsequent measurement

For another measurement, just pressurize the cuff by pumping bulb. The time between two such Measurements must be at least 3 minutes.

3.7 Auto Power off Function

If the unit is left on after measurement, automatic Power-off Function turns the power off after approximately 3 minutes. To continue measurement press the "POWER" switch turning the unit on.


3.8 Battery Replacement



If the battery becomes weak, the "BAT" mark will appear in the display, indicating that battery should be replaced with new one.

Remove the battery cover at mainframe and replace the four pieces of batteries. Type "AA" battery or equivalent is suitable for this blood pressure meter.

DESCRIPTION OF DISPLAY MARKS

| DISPLAY MARK | CONDITION/CAUSE | CORRECTIVE ACTION |
|---|---|---|
| <p style="text-align: center;">PULSE / min</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">▲</div> <p style="text-align: center;">SYSTOLIC mmHg DIASTOLIC mmHg</p> | The cuff was not inflated to more than 30-40 mmHg above your systolic pressure. | Raise the set pressure value by higher level. |
| <p style="text-align: center;">PULSE / min</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">Err ▼280</div> <p style="text-align: center;">SYSTOLIC mmHg DIASTOLIC mmHg</p> | The cuff was inflated to more than 280 mmHg. | Exhaust the air within the cuff. |
| <p style="text-align: center;">PULSE / min</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">Err</div> <p style="text-align: center;">SYSTOLIC mmHg DIASTOLIC mmHg</p> | Appears when the blood pressure could not be measured accurately. | Repeat measurement again. |
| <p style="text-align: center;">PULSE / min</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">PUL Err</div> <p style="text-align: center;">SYSTOLIC mmHg DIASTOLIC mmHg</p> | Appears when the pulse could not be measured accurately. | |
| <p style="text-align: center;">PULSE / min</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">  </div> <p style="text-align: center;">SYSTOLIC mmHg DIASTOLIC mmHg</p> | Appears when the battery becomes weak. | Replace the battery. |
| <p style="text-align: center;">PULSE / min</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">- - - - -</div> <p style="text-align: center;">SYSTOLIC mmHg DIASTOLIC mmHg</p> | Device has a trouble. | Ask purchased shop. |