

CITIZEN™

INSTRUCTION MANUAL FOR DIGITAL BLOOD PRESSURE MONITOR

English

MODEL CH-656C



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

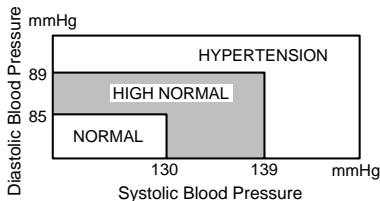
will cause air leakage. Also, be careful not to get water into the air hose.

GENERAL REMARKS

General Remarks on blood pressure measurement

- If the cuff is to be deflated quickly, depress "POWER" switch.
- The attached cuff is suited for a wrist circumference of 13.5cm to 19.5cm.
- When attaching the cuff, the body of a blood pressure monitor should be placed on the inside of your wrist.
- Self measurement is no therapy! In no case may you change the dosage of medication prescribed by your physician.
- In operation 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 results.

- The blood pressure varies constantly throughout the day. Measurement should be made regularly at the same time each day.
- Do NOT be impressed by the results of one measurement. Keep a record of blood pressure variations. Many readings tell a story.
- Emotional stress may tend to cause pressure to rise.
- This Product should not be used to monitor cardiac arrhythmia.



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 wrist and tighten it so that one finger may be inserted between the cuff and wrist.
- 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 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 during measurement.
- Do NOT keep on measuring so many times, as your arm will have built up congestion of blood, 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 monitor 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 monitor to under force or vibration, or drop it.
- Remove the battery/batteries when not in use for a long period.
- Do NOT disassemble the apparatus.
- Do NOT bend the cuff or air hose unnecessarily.
- NEVER wipe the blood pressure monitor with thinner or benzene, as they may damage it.
- When the monitor is very dirty, wipe it clean with a cloth moistened with Sterilizing alcohol or a neutral detergent, and then wipe it with a dry cloth. Do NOT use thinner or benzene.

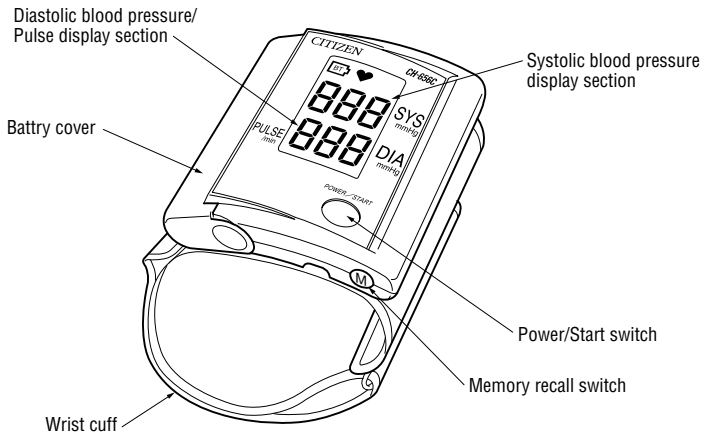
Nature and frequency of maintenance:

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:

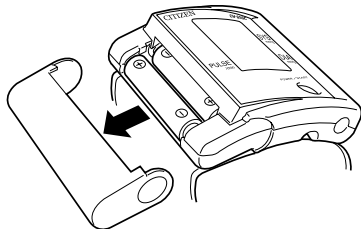
Please help protect natural environment by respecting national and/or local recycling regulations when disposing of the batteries and the products at the end of their useful lives.

IDENTIFICATION OF PARTS



BATTERY REPLACEMENT

1. To use this unit, you must install batteries, and also if battery mark “**BT**” will display on the display, you must change two pieces of batteries.
2. Open battery cover as illustrated. Replace the new two pieces of batteries, matching the (+) and (-) polarities on each battery with the polarity marks on the case.
3. “LR03” batteries or equivalent is suitable for this blood pressure meter.



- Pull the transparent ribbon to remove the batteries.

MEASUREMENT PROCEDURES

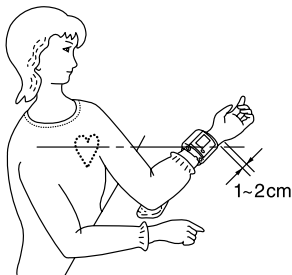
1. Attaching of wrist cuff

The blood pressure is measured at the wrist. Therefore, rolling up the sleeve is no longer necessary. The pressure cuff has integrated into the wristlet.

Wind the wristlet around your left wrist. The wrist should be free. The display is at the inner of the wrist.



- Apply the wrist cuff to the wrist and make sure it is not too loose or too tight. If the wrist cuff is applied inappropriately, it may display an error or abnormal values. Pull the wrist tight and close the “Burr closure”. Wrist circumference: 13.5-19.5 cm.



CAUTION

Do not grasp the unit too tightly.
Keep your left wrist relaxed during measurement period.
Do not apply physical pressure against unit with wrist before or during measurement.
All measurements must be performed while you are seated and with your left hand on a table held a level with your heart. Keep your body still and relaxed during measurement.

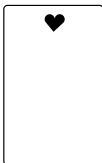
Measurement Procedures for People With a Weak Pulse

- Apply the middle part of the wrist cuff to the artery in the wrist to measure blood pressure.

2. To start the Measurement



Press the “Power/Start” switch.

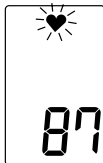


The heart symbol flashes, and the buzzer sounds for 1 second. Once the measurement preparations are completed, the buzzer sounds three more times.

If batteries become weak, “BT” mark is displayed and measurement is discontinued.



Pressurization and measuring start.



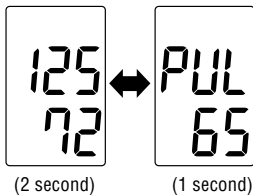
When a pulse is detected, the pressure value moves to the lower side of the display. At this time the mark “♥” flashes and buzzer beeps.



Once the blood-pressure measurement has stabilized, pressurization is discontinued, the air in the cuff is automatically let out, the buzzer sounds for about 2 seconds, and the high and low blood pressure are respectively displayed one above the other.

Unless an error is generated, the measurement results are automatically stored in memory. Up to 7 sets of results can be stored in memory.

When there are already 7 sets of results in memory, the oldest one is automatically erased and overwritten with the newest.



Blood pressure values and pulse rate display alternately on the display. Display of the measurement result will continue until power is turned off.

3. Turn Power off



Press the “POWER/START” switch to turn off.

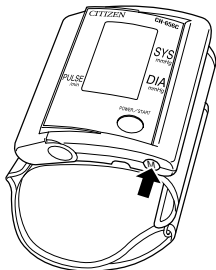
CAUTION

To discontinue a measurement for any reason, press the “POWER/START” switch. This causes the “wrist cuff” to deflate rapidly.

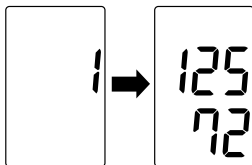
4. Automatic power-off function

If the unit is left on after measurement an automatic power-off function turns the power off after approximately 3 minutes. To continue measurement press the “POWER/START” switch turning the unit on.

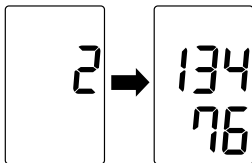
5. Memory recall



- You can recall stored data by pressing the “Memory recall” switch, except when performing a measurement.
- Up to 7 sets of measurement results can be stored in memory, and memory cell No. 1 is always used to store the newest set of results.

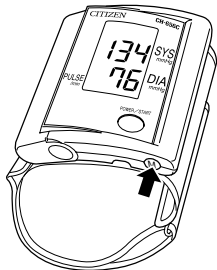


- When pressing the “Memory recall” switch, the memory cell number is displayed, then the stored measurement results (high/low blood pressure) are displayed.











- If the “Memory recall” switch is pressed further, the old date are indicated in the order of the time series.

6. Memory clear function



While the memory datum to be cleared are indicated and when the "Memory recall" switch is continued to push for 3 seconds, buzzer beeps and the memory datum are cleared.

DESCRIPTION OF DISPLAY MARKS

DISPLAY MARK	CONDITION / CAUSE	CORRECTIVE ACTION
	The cuff was inflated to more than 280 mmHg.	Exhaust the air with in the cuff.
	Pressurization is not possible Cuff winding has not been performed correctly.	After winding the cuff over again, repeat measurement.
	The pulse could not be measured accurately.	After again winding the cuff, conduct the measurement without moving.
	The arm moved during measurement.	Repeat the measurement without moving the arm.
	Device has a trouble.	Ask purchased shop.
	Appears when the pulse could not be measured.	Repeat the measurement without moving the arm.
	Appears when the batteries become weak.	Replace the batteries.
	Device has a trouble.	Ask purchased shop.

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