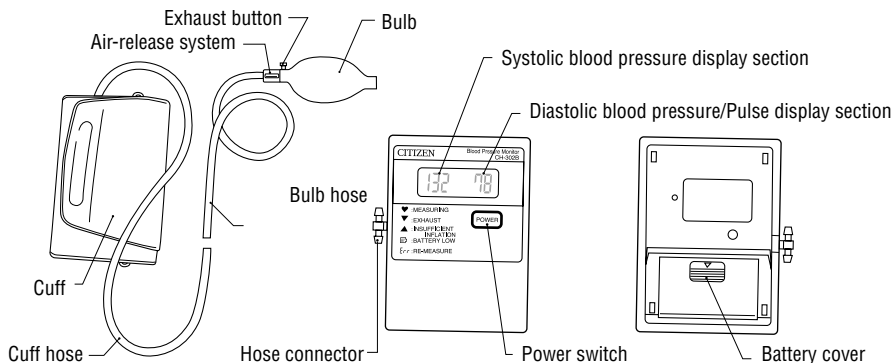


CITIZEN™

INSTRUCTION MANUAL FOR DIGITAL BLOOD PRESSURE MONITOR

REF CH-302B

IDENTIFICATION OF PARTS



- Eng 1 -

SPECIFICATIONS

Measuring method:	Oscillometric system
Indication:	Digital display, Height: 10mm
Measuring range:	Pressure; 0~280mmHg, Pulse; 40~200 beat/min.
Accuracy:	Pressure; ± 3 mmHg, Pulse; $\pm 5\%$
Inflation:	Manual inflation by bulb
Deflation:	Automatic constant speed deflation system
Power source:	One battery (6F22, 6LR61)
Battery life:	Approx. 400 times/6F22 (once a day, room temperature 22°C)
Rated voltage:	9V DC
Working temp. & humidity:	+10°C~+40°C, 30%~85%RH
Storage temp. & humidity:	-20°C~+60°C, 10%~95%RH
Outside dimensions:	85mm(W) \times 120mm(D) \times 35mm(H)
Weight:	Approx. 150g (Apparatus and battery)
Electric shock protection:	Type B equipment
Accessories:	Cuff, Battery (6F22), Instruction manual

*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 "POWER" switch.
- The attached cuff is suited for an arm circumference of 22cm to 32cm.
- When attaching the cuff, rubber cuff hose should be placed on the inside of your arm on top of the arterial.
- 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.

For proper measurement of blood pressure

- Take a deep breath five or six time 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 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.

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:

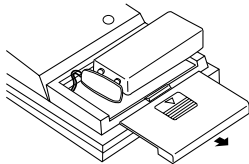
Name: Premier Precision Ltd.
Address: Block E, G-H, 6th floor,
Phase 2, Yip Fat Factory Building,
73-75 Hoi Yuen Road,
Kwun Tong, Kowloon, Hong Kong

European Representative:

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

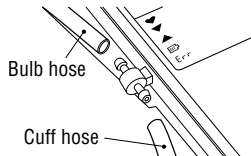


PREPARATION FOR MEASUREMENTS

1. Installing battery

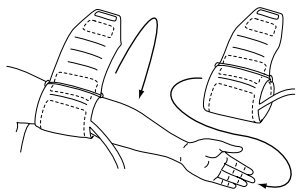
Take off the battery cover at the back of the unit by sliding it as shown.

Install a 9V battery (6F22, 6LR61) taking care for the polarity.

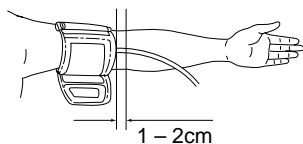
2. Inserting hoses

Insert the cuff hose and bulb hose into the hose connector.

3. Attach the cuff

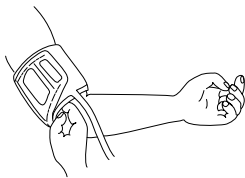


Wind the arm cuff around the left upper arm tightly where the bottom edge of the cuff is positioned about 1 – 2cm (about 1 inch) above the elbow joint.



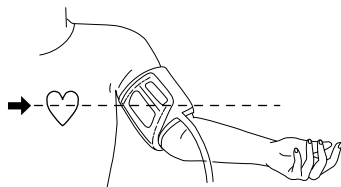
When you will wind the cuff, please wind the cuff on the skin directly if possible.

(If measurement is made by rolling the shirts or jacket up over the arm, this will constrict the upper arm and prevent accurate measurement)



The cuff hose should be placed on the inside of your arm as figures.

The cuff should be wound so that one finger can be inserted under the cuff.



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.

Make measurements in either a seated or reclining posture.

MEASUREMENTS PROCEDURES

1. Power on

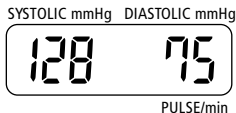


POWER

Touch the power switch

Touch the power switch for power on.

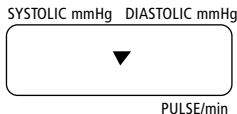
All display marks will be displayed and the buzzer will beep.



After all display marks are disappeared the last measured systolic and diastolic blood pressure values are displayed.

(Value of the pulse is not memorized nor displayed.)

Memory function works on for approximately 2 seconds or during power switch is depressed.



Next the Exhaust symbol "▼" will be displayed.

SYSTOLIC mmHg DIASTOLIC mmHg

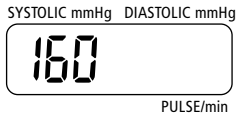


If there is some air remaining in the cuff, release air with the exhaust button until the "0" appears. The buzzer beeps 3 times. Unit is now ready to take new measurement.

2. Attach the cuff

Attach the cuff around the upper left arm.

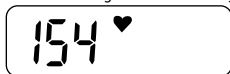
3. Pressurize the cuff



Pressurize the cuff by pumping the 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, 240mmHg, the buzzer beeps 2 times.

SYSTOLIC mmHg DIASTOLIC mmHg



PULSE/min

the display indication that measurement is in progress.

When pressurization is completed, the automatic air-release system will gradually reduce cuff pressure, and Measuring Mark "♥" will appear on

Flashing

SYSTOLIC mmHg DIASTOLIC mmHg

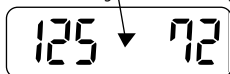


PULSE/min

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 rate as pulse rate.

Flashing

SYSTOLIC mmHg DIASTOLIC mmHg

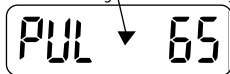


PULSE/min

When the measurement is completed, the buzzer beeps, Systolic pressure is displayed on the left and Diastolic pressure on the right.

Flashing

SYSTOLIC mmHg DIASTOLIC mmHg

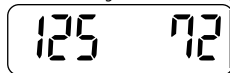


PULSE/min

Alternate display
Approximately 2 seconds later, blood pressure values and pulse appear alternately on the display

4. Press the exhaust button

SYSTOLIC mmHg DIASTOLIC mmHg

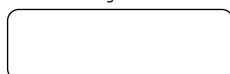


PULSE/min

Press the exhaust button to completely release the air within the cuff.

5. Power off

SYSTOLIC mmHg DIASTOLIC mmHg




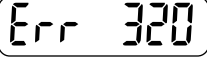
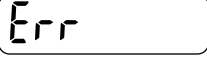
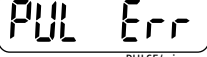


PULSE/min



Touch the power switch

Touch the power switch for power off.
If this unit is left on after measurement an automatic power-off function turns the power off after approximately 3 minutes.

DESCRIPTION OF DISPLAY MARKS

DISPLAY MARK	CONDITION/CAUSE	CORRECTIVE ACTION
SYSTOLIC mmHg DIASTOLIC mmHg  PULSE/min	The cuff was not inflated to more than 30-40 mmHg above your systolic pressure.	Raise the set pressure value by higher level
SYSTOLIC mmHg DIASTOLIC mmHg  PULSE/min	The cuff was inflated to more than 320 mmHg.	Exhaust the air within the cuff.
SYSTOLIC mmHg DIASTOLIC mmHg  PULSE/min	Appears when the blood pressure could not be measured accurately.	Repeat measurement again.
SYSTOLIC mmHg DIASTOLIC mmHg  PULSE/min	Appears when the pulse could not accurately be measured.	
SYSTOLIC mmHg DIASTOLIC mmHg  PULSE/min	Appears when the battery becomes weak.	Replace the new battery.
SYSTOLIC mmHg DIASTOLIC mmHg  PULSE/min	Units has a trouble.	Ask purchased shop.

●CITIZEN is a registered trademark of Citizen Watch Co., Japan.

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