

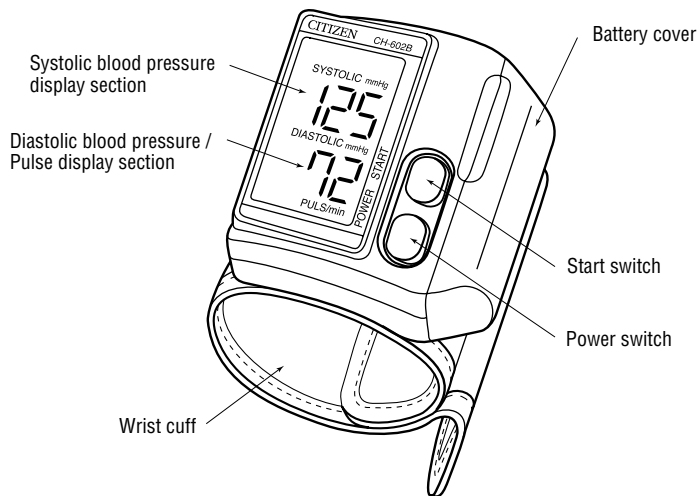
# CITIZEN™

## INSTRUCTION MANUAL FOR DIGITAL BLOOD PRESSURE MONITOR

English

### REF CH-602B

#### IDENTIFICATION OF PARTS



- Eng 1 -

## SPECIFICATIONS

<b>Measuring method:</b>	Oscillometric system
<b>Indication:</b>	Digital display
<b>Measuring range:</b>	Pressure; 0 ~ 280mmHg, Pulse; 40 ~ 200 beat/min.
<b>Accuracy:</b>	Pressure; $\pm 3$ mmHg, Pulse; $\pm 5\%$
<b>Inflation:</b>	Automatic inflation by internal pump
<b>Deflation:</b>	Automatic constant speed deflation system
<b>Exhaust:</b>	Quick exhaust by electromagnetic valve
<b>Memory function:</b>	One data
<b>Power source:</b>	2 pcs "AAA" (LR03) alkaline batteries
<b>Battery life:</b>	Approx. 250 times/LR03 (once a day, 180mmHg, room temp. 22°C)
<b>Rated voltage:</b>	3V DC
<b>Working temp. &amp; humidity:</b>	+10°C ~ +40°C, 30% to 85%RH
<b>Storage temp. &amp; humidity:</b>	-20°C ~ +60°C, 10% to 95%RH
<b>Left wrist circumference:</b>	13.5cm ~ 19.5cm
<b>Outside dimensions:</b>	74mm(W) $\times$ 31mm(D) $\times$ 72mm(H)
<b>Weight:</b>	Approx. 140g (including batteries)
<b>Electric shock protection:</b>	Type B equipment
<b>Accessories:</b>	2 pcs "AAA" (LR03) alkaline batteries, Instruction manual, Storage case

\*Specifications and designs 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 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.

### 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 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, 6<sup>th</sup> floor,  
Phase 2, Yip Fat Factory Building,  
73-75 Hoi Yuen Road,  
Kwun Tong, Kowloon, Hong Kong

## European Representative:

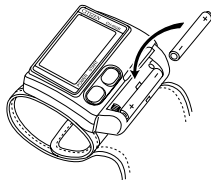
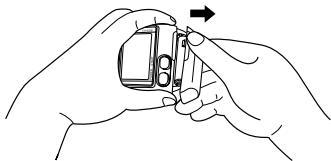
Name: WwW elektronische Geräte Vertrieb GmbH.  
Address: Robert-Koch-Straße 20,  
D-80538 München,  
GERMANY



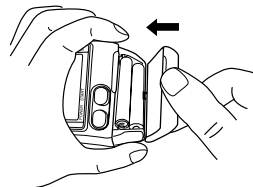
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## INSTALLING THE BATTERIES

- To use this unit, you must install batteries, and also if battery mark “**BT**” will appear on the display, you must change two pieces of batteries.



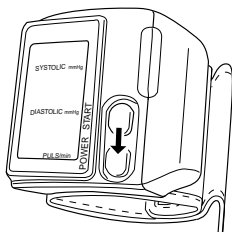
- Open battery cover as illustrated.  
Replace the new two pieces of batteries, matching the (+) and (-) polarities on each battery with the polarity marks on the case.



- After fastening the under hook, close the battery cover.
- “LR03” batteries or equivalent is suitable for this blood pressure monitor.

# MEASUREMENTS

## 1. Turn Power On



Press the "POWER" switch to turn on.



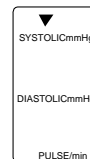
After all display marks are disappeared, the last measured systolic and diastolic blood pressure values are displayed. (Value of the pulse is not memorized nor displayed.)

Memory function works on for approximately one second or during "POWER" switch is depressed.

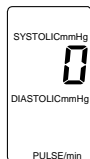


All display marks appear for approximately one second and buzzer beeps.

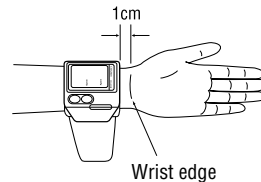
If batteries become weak, "BT" mark is appeared and measurement is discontinued.



After memorized blood pressure value is disappeared, deflation mark "▼" appear for approximately one second.

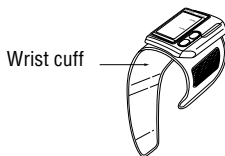


After three short buzzer beeps, the "0" appears on the display. Then, ready for measurement.

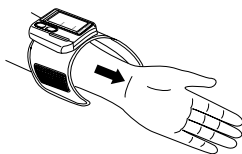


Place the wrist cuff at the 1cm from the wrist edge.

## 2. Attaching of Wrist Cuff



Open the wrist cuff as the figure.

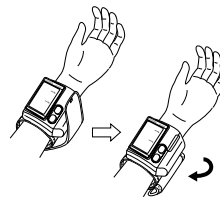


Turn left hand palm upwards and wrap the cuff around the wrist so that the display is placed on the side of palm.  
Wrap the wrist cuff on bare skin.  
Wrist circumference: 13.5 - 19.5cm

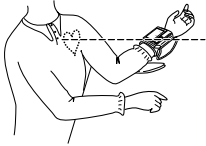


Wrap the cuff around your wrist securely.

Wrap the cuff around your wrist securely so that there is no space between the wrist and cuff with the edge of wrist cuff pulled.

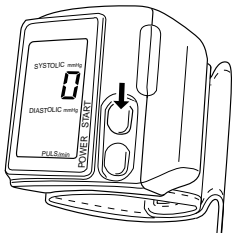


Fold up the rest of unused wrist cuff.

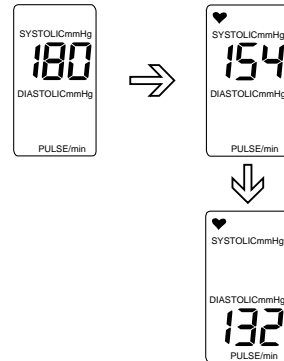


Place your elbow on a table so that the palm is turned upwards and the cuff center is as high as your heart. Relax your entire body.

### 3. To Start the Measurement



Press the "START" switch.  
The unit is inflated when the "START" switch is pressed.

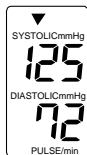


When inflation is completed, the automatically exhaust mechanism will gradually deflate the pressure in the "wrist cuff", and the mark "♥" will appear indicating that measurement is in progress.

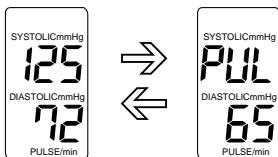
When a pulse is detected, the pressure value moves to the lower side of the display. At this time the mark "♥" flashes and buzzer beeps.

If the inflation is insufficient at a pressure of 180mmHg, the reinflation is automatically made to a pressure of 210, 240, and 280mmHg until inflation is suitable for measurement. This unit cannot be inflated over a pressure of 280mmHg.





When diastolic pressure value is detected, the measurement is complete. Systolic pressure value is displayed on the upper side and diastolic pressure on the lower side of the display. Then air in the “wrist cuff” will deflate immediately and the mark “▼” appears during deflation.



Blood pressure values and pulse rate appear alternatively on the display every approximately two seconds. Display of the measurement result will continue until power is turned off.

#### 4. Subsequent Measurements

When more than one reading is desired, wait at least two minutes between reading in order for the blood at wrist flow to return to normal. Then press the “START” switch again.



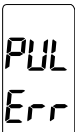

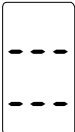
#### 5. Turn Power Off

Press the “Power Switch” to turn OFF.

#### 6. Automatic Power Off Function

If this 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 switch to turn the unit ON.

## DESCRIPTION OF DISPLAY MARKS

DISPLAY MARK	CONDITION/CAUSE	CORRECTIVE ACTION
	Measurement is begun, but the pressure was insufficient.	Repeat measurement again.
	Appears when the blood pressure could not be measured accurately. (Some noises were detected by the movement of arm during measurement).	Repeat measurement again.
	Appears when the pulse could not be measured.	First, exhaust air from the cuff, reapply the cuff properly and remeasure. Repeat measurement again.
	Appears when the batteries become weak.	Replace the batteries.
	Device has a trouble.	Ask purchased shop.

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

CITIZEN GROUP  
**Japan CBM Corporation**

## **Consumer Electronics Division**

CBM Bldg. 5F, 5-68-10, Nakano, Nakano-ku, Tokyo 164-0001, Japan  
Phone: (03)5345-7430 Fax: (03)5345-7431 E-mail: info-con@jcbm.co.jp

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