

ANEROID SPHYGMOMANOMETER USER GUIDE

Extended Warranty by FriCARE

Register for an extended warranty with your order number by emailing us at support@fricare.com

INTENDED USE

The device is intended to be used by medical professionals or in home for blood pressure measurement. It is intended to be attached to a patient and be inflated along with a manual method for detecting Korotkoff sounds. This product can measure the blood pressure of adults.

PARTS OF THE DEVICE



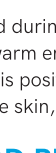
Cuff with D-ring



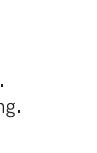
Manometer



Bulb with Valve



User Guide



Carrying Bag

Note: A stethoscope is not included in this item.

SELECT THE CORRECT CUFF

This device comes with a standard cuff which is a fit for the arm size 9-16 inches. Make sure you are using the cuff with the appropriate size for the person whose blood pressure is being taken.

HASSLE-FREE MONITORING ON THE GO

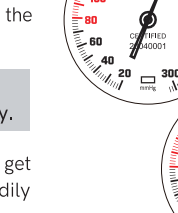
Experience the convenience of FriCARE sphygmomanometer that requires no assembly. Plus, with its included carrying bag, it's incredibly easy to take with you wherever you go. Stay on top of your health effortlessly and on your own terms.

PREPARE FOR MEASUREMENT

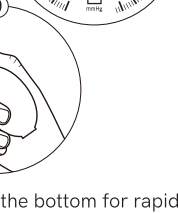
- Do NOT measure your blood pressure right after you wake up.
- Avoid food, caffeine, tobacco, and alcohol for 30 minutes before taking a measurement.
- Go to the toilet first.
- Sit quietly before and during monitoring.
- Use the device in a warm environment.
- Make sure your arm is positioned properly.
- Place the cuff on bare skin, not over clothing.

TAKE A BLOOD PRESSURE MEASUREMENT WITH THIS DEVICE

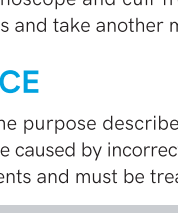
1. Connect the cuff, manometer, bulb, and valve as shown in the illustration. Insert the cuff through the D-ring.



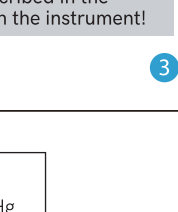
2. Sit down at a table or desk where you can easily rest your arm with leg-uncrossed, feet flat on the floor, and back and arm supported.



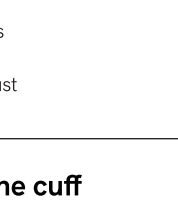
3. Slide the loose cuff on the upper arm, the lower edge of it is round 1 inch above the elbow. Fasten the cuff with tubing facing downward and toward the inside of your arm.



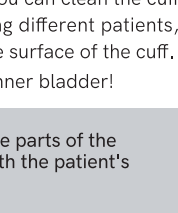
4. Make sure the cuff is snug and not too tight. Two fingers should be easily put in between the cuff and the arm.



5. The eartips of the stethoscope should point in a forward direction as you insert the eartips into your ears.

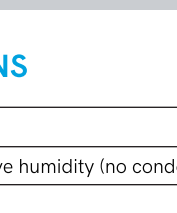


6. Place the chestpiece of the stethoscope beneath the cuff and 1 inch above the bend of the elbow where the artery locates.



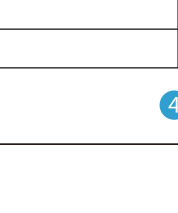
Note: Stethoscope is not included.

7. Pump the bulb slowly but steadily until the needle reaches about 30 mmHg above your usual systolic pressure. If you have never measured your blood pressure, inflate the pressure to 180 mmHg.

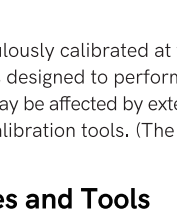


⚠ You should not keep the cuff inflated any longer than necessary.

8. Stop inflating and loosen the valve to get the pressure to drop slowly and steadily at about 2-3 mmHg per second.



9. Watch the dial plate carefully during deflation, mark the systolic blood pressure when repetitive and clear tapping sounds first appear; Mark the diastolic blood pressure where the repetitive sounds disappear.



10. After you get the diastolic pressure, lose the valve to the bottom for rapid and full deflation; Remove the stethoscope and cuff from the arm after measurement. Rest for a few minutes and take another measurement.

CARE AND MAINTENANCE

This instrument may be used only for the purpose described in this booklet. FriCARE cannot be held liable for damage caused by incorrect application. This instrument comprises sensitive components and must be treated with caution.

⚠ Observe the storage and operating conditions described in the section 'Technical Specifications' and NEVER open the instrument!

- Protect it from:**
- Overladen inflation more than 300 mmHg
 - Water and moisture
 - Extreme temperatures
 - Impact and dropping
 - Contamination and dust
 - Direct sunlight

Cleaning and disinfecting the cuff

The cuffs are sensitive and must be handled with care. You can clean the cuff cover with a damp cloth. To avoid cross-infection among different patients, you can use a cloth soaked in 75% alcohol to disinfect the surface of the cuff.

WARNING: Under no circumstances may you wash the inner bladder!

⚠ ATTENTION: Sterilization is not necessary since the parts of the manometer should not come into direct contact with the patient's body during measurement.

TECHNICAL SPECIFICATIONS

Storage	-20 °C to +70 °C
Humidity	15% to 85% relative humidity (no condensing)
Operating	10 °C to 40 °C
Measuring range	0 to 300 mmHg
Measuring resolution	2 mmHg
Accuracy	Within ± 3mmHg in 10 °C to 40 °C or 2% whichever is greater
Air Leakage	<±4 mmHg/min
Reference to standards	ISO 81060-1

CALIBRATION AND WARRANTY

Calibration Assurance

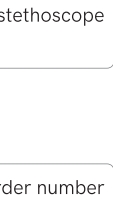
FriCARE sphygmomanometer has been meticulously calibrated at the factory to ensure accuracy and consistency. While it is designed to perform optimally under normal use, situations where the device may be affected by external forces could necessitate recalibration or the use of calibration tools. (The calibration wrench is not included in your purchase)

Professional Calibration Services and Tools

If you encounter situations where recalibration is needed due to external forces, we are here to assist. We offer professional calibration services and can provide calibration tools if required. Our skilled team is committed to maintaining the performance and reliability of your device. Please contact us at support@fricare.com for any assistance.

Warranty and Extended Support

Your sphygmomanometer comes with a one-year warranty, reflecting our belief in its quality and precision. If you wish to extend this warranty, simply reach out to us via email or scan the barcode to register the warranty on www.fricare.com/pages/warranty. We are dedicated to providing responsive and personalized customer service, ensuring your continued satisfaction with our product.



Customer Support Commitment

Building lasting relationships with our customers is at the core of our values. Whether it's about calibration, warranty extension, or general inquiries, we're just an email away. Please refer to the warranty section of this manual or contact us directly at support@fricare.com. Your trust is our priority, and we look forward to serving you.

DECLARATION

The manufacturer reserves the right to make technical changes without notice in the interest of progress. Prior notices will not be given in case of any amendments within this manual. The mentioned trademarks and names are owned by the corresponding companies.

POSSIBLE MALFUNCTION AND SOLUTION

If problems occur when using the device, the following points should be checked and if necessary, the corresponding measures are to be taken:

Malfunction	Remedy
The sound is, distorted or there is extraneous noise.	<ol style="list-style-type: none"> 1. Check if the chestpiece is placed over the artery. The artery is 1 inch above the bend of the elbow. 2. Check if the headset of the stethoscope is placed correctly. The eartips should point in a forward direction as you insert them into your ears. 3. Check if the stethoscope tubing is broken or twisted. 4. Check the bell and diaphragm of the chestpiece if there are any cracks.
The pressure does not rise although the bulb is pumping.	<ol style="list-style-type: none"> 1. Make sure that the valve is closed. 2. Make sure the cuff is properly connected to the bulb and manometer. 3. Check if the cuff, tubing, or bulb is leaky. If so, replace the defective parts.
The deflation rate can not be set to 2-3 mmHg/sec. by adjusting the air release valve.	Disassemble the valve from the bulb to check if there is any blockage in the airway of the valve. Clean the blockage and try again. If it still does not work, replace it to avoid inaccurate reading.
The pointer is not at 0 +/-3 mmHg at rest.	<ol style="list-style-type: none"> 1. Make sure that the valve is open for zero check. 2. If it is still more than 3mmHg deviation, refer to Page 5 for calibration instructions.

FAQ:

What if I encounter difficulties during the calibration process?

In case you face challenges while calibrating the sphygmomanometer and need a calibration wrench, feel free to reach out to us at support@fricare.com. We will promptly address your concern and provide assistance. We can either send you a calibration wrench or arrange for a replacement sphygmomanometer.

How does ensure accuracy in blood pressure measurement, and is it user-friendly for individuals without medical training?

The FriCARE Sphygmomanometer is designed with hospital-grade accuracy and is praised by users for its ease of use. It operates manually, eliminating the need for batteries, and is suitable for personal and home use by those without medical training.

What type of stethoscope should I use with this blood pressure cuff?

We recommend using a specific stethoscope designed for blood pressure measurement. You can find a selection of suitable stethoscopes in our store that are designed to work perfectly with this cuff. Visit the stethoscope section www.amazon.com/dp/B0CBB91FG9

How to register for the extended warranty?

Register and activate your extended warranty with your order number by emailing us at support@fricare.com.