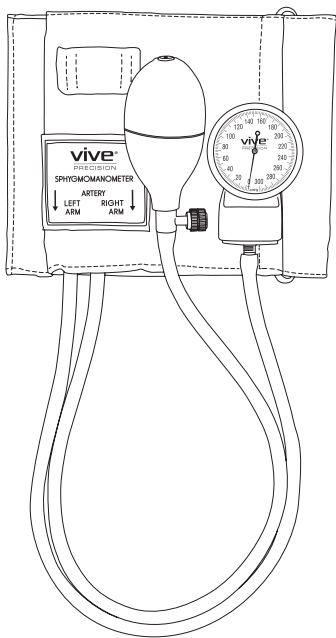


vive®
PRECISION

SPHYGMOMANOMETER

User Manual

DMD1O13BLK

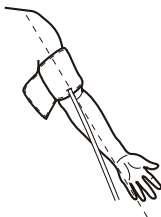


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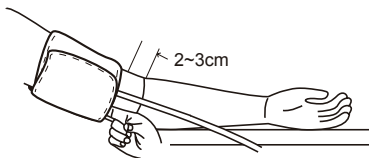
APPLYING THE CUFF

▶ Watch at: bit.ly/manualbpm

1. Apply the cuff on your upper arm. Make sure the position of the tube is off-center; toward the inner side of arm in line with the little finger.



2. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.



3. Sit comfortably with your test arm resting on a flat surface.

INFLATING THE CUFF

1. Close the air valve on the bulb by turning the screw clockwise. Do not over-tighten.

2. Squeeze in the inflation bulb at a steady rate until the needle on the gauge points 30mmHg above your normal upper systolic-pressure value. If you do not know it, inflate just to 200mmHg.



TIPS FOR MEASUREMENT

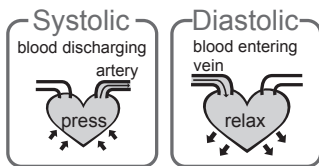
It can cause inaccuracy if the measurement is taken in the following circumstances:

1. Within 1 hour after eating or drinking.
2. Within 20 minutes after taking a shower or bath.
3. In a very cold environment.
4. Immediate measurement after tea, coffee or smoking.
5. When talking or moving your fingers
6. When you need to urinate.

ABOUT BLOOD PRESSURE

What is systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



What is the standard blood pressure classification?

The chart below is the standard blood pressure classification published by American Heart Association (AHA). AHA Home Guideline for Upper Limit of Normal BP

SYS	135mm Hg
DIA	85mm Hg

This chart reflects blood pressure categories defined by American Heart Association.			
Blood Pressure Category	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

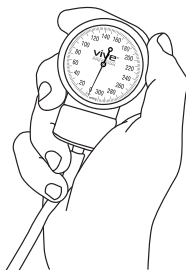
FINDING SYSTOLIC BLOOD PRESSURE

1. Slowly open the air valve by turning the screw counter-clockwise.

Hold stethoscope chestpiece over brachial artery.

Note- Proper deflation rate is vital for an accurate reading. A recommended deflation rate is 2-3 mmhg per second.

2. As the cuff begins to deflate, you must listen carefully with the stethoscope. The systolic pressure reading is the number where the dial is pointing to when you begin to hear a faint, rhythmic tapping or thumping sound.

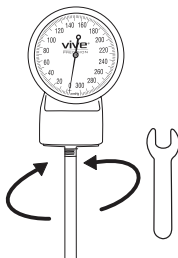


FINDING DIASTOLIC BLOOD PRESSURE

1. Allow the Pressure to continue dropping at the same rate. When your diastolic blood pressure value is reached, the thumping sound stops.
2. Deflate the cuff valve completely and remove.

CALIBRATING YOUR SPHYGMOMANOMETER

To calibrate the manual blood pressure cuff, use the included wrench tool to turn the pressure gauge nozzle until the needle is once again pointing to zero.



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