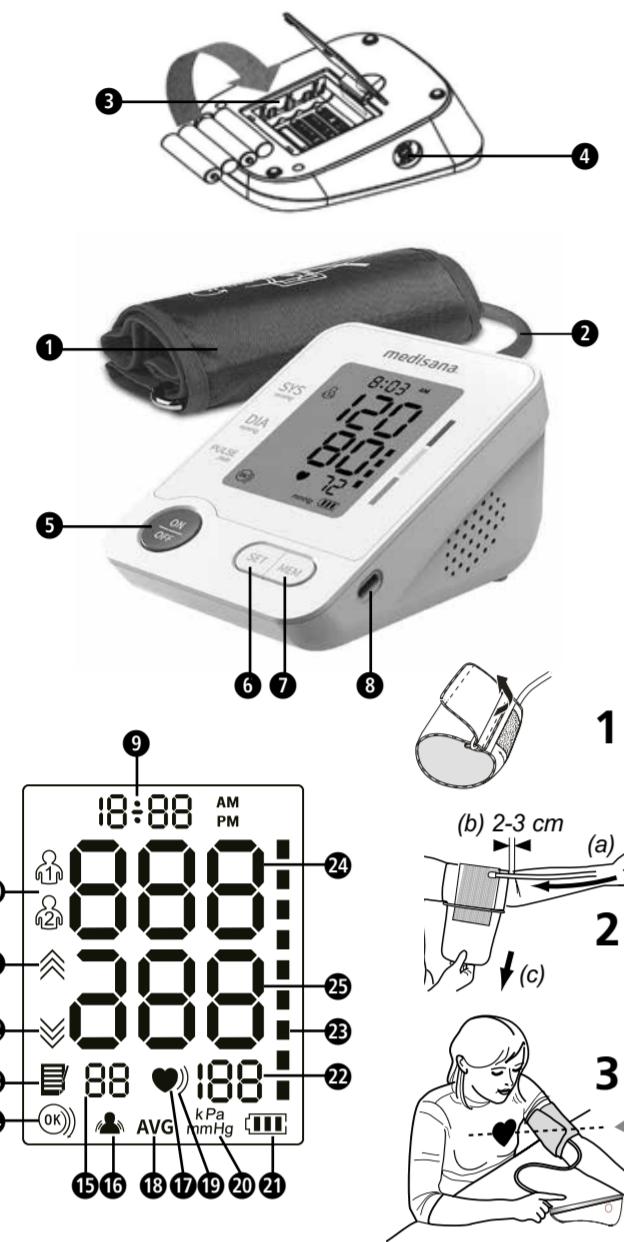


**GB Instruction manual**  
**Upper arm blood pressure monitor**  
**BU 315**

AOJ-30B

**Unit and LCD-display****Explanation of symbols**

**IMPORTANT**  
Non-observance of these instructions can result in serious injury or damage to the device.

**WARNING**  
These warning notes must be observed to prevent any injury to the user.

**CAUTION**  
These notes must be observed to prevent any damage to the device.

**NOTE**  
These notes give you useful additional information on the installation or operation.

**Device classification:** type BF applied part

**IP21** Ingress protection rating

**RoHS** RoHS mark

**LOT** LOT number **SN** Serial number

**Manufacturer** Date of manufacture

**Device information:**  
• Internally powered equipment  
• Not suitable for use in presence of flammable anesthetic mixture with air or with oxygen or nitrous oxide  
• Continuous operation with short-time loading

**Intended use**  
• This fully automatic over-the-counter electronic blood pressure monitor is intended for measuring human's systolic and diastolic blood pressure and heart rate by using an oscillometric technique by means of a cuff, which needs to be fitted on the upper arm. All values can be read out in one LCD panel. The device is intended for adult indoor use at home only.  
• The device is able to detect irregular heartbeat and indicate this with a symbol.

**Contraindication**  
• The device is not suitable for use on pregnant women and patients with implanted, electronical devices (e.g. pacemaker or defibrillator).

**GB Safety instructions**

**Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use. Should you give this device to another person, it is vital that you also pass on these instructions for use.**



- The unit is intended only for use in the home. Consult your doctor prior to using the blood pressure monitor if you are concerned about health matters.
- Only use the unit for its intended purpose in accordance with the instructions for use. Warranty claims become void if the unit is misused.
- Please consult your doctor prior to using the unit if you suffer from illnesses such as arterial occlusive disease.
- The unit may not be used to check the heart rate of a pacemaker.
- Pregnant women should take the necessary precautions and pay attention to their individual circumstances. Please consult your doctor if necessary.
- Consult your physician to get more information about your blood pressure. A self-diagnosis and self-treatment based on the measured values may be dangerous. Always follow the instructions given by your physician!
- If you experience discomfort during a measurement, such as pain in the upper arm or other complaints, press the START/STOP-button to immediately stop the measurement, loosen the cuff and remove it from your arm.
- The device only works correctly with the fitting cuff.
- The unit is not suitable for children.
- Do not allow children to use the unit. Medical products are not toys!
- Please ensure that the unit is kept away from the reach of children.
- Do not put the air tube around your neck - danger of suffocation!
- The swallowing of small parts like packaging bag, battery, battery cover and so on may cause suffocation.
- The user needs to check that the equipment functions properly and that it is in proper working condition before being used.
- Only the cuff provided can be used, and cannot be changed to any other branded cuff. It can only be replaced with a cuff of exactly the same type.
- The device may not be operated in rooms with high levels of radiation or in the vicinity of high-radiation devices, such as radio transmitters, mobile telephones or microwaves, as this could cause functional defects or incorrect measurements.
- Do not use the equipment where flammable gas (such as anaesthetic gas, oxygen or hydrogen) or flammable liquids (such as alcohol) are present.
- No modification of this unit/device is allowed.
- Please do not attempt to repair the unit yourself in the event of malfunctions, since this will void all warranty claims. Only have repairs carried out by authorized service centers.
- Protect the unit against moisture. If liquid does manage to penetrate into the unit, remove the batteries immediately and do not continue to use the unit. In this case contact your specialist dealer or notify us directly.
- Please do not use a dilution agent, alcohol or petrol to clean the unit.
- Please do not hit the device heavily or let it fall down from a high place.
- Do not use mobile phones in the range of the device. This may lead to malfunctions.
- If the unit is not going to be used for a long period, please remove the batteries.

**BATTERY SAFETY INFORMATION**

- Do not disassemble batteries!
- Replace all batteries if the unit display shows the low battery symbol.
- Never leave any low battery in the battery compartment since it may leak and cause damage to the unit.
- Increased risk of leakage! Avoid contact with skin, eyes and mucous membranes! If battery acid comes in contact with any of these parts, rinse the affected area with copious amounts of fresh water and seek medical attention immediately!
- If a battery has been swallowed, seek medical attention immediately!
- Only replace with batteries of the same type, never use different types of batteries together or used batteries with new ones!
- Insert the batteries correctly, observing the polarity!
- Remove the batteries from the device if it is not going to be used for an extended period of 3 months or more!
- Keep batteries out of children's reach!
- Do not attempt to recharge batteries! There is a danger of explosion!
- Do not short circuit! There is a danger of explosion!
- Do not throw into a fire! There is a danger of explosion!
- Do not throw used batteries into the household refuse; put them in a hazardous waste container or take them to a battery collection point, at the shop where they were purchased!

**Unit and LCD-Display**

- |                            |                                 |                       |
|----------------------------|---------------------------------|-----------------------|
| ① Cuff                     | ② Air Hose                      | ③ Battery Compartment |
| ④ Connector for the hose   | ⑤ ON / OFF Button               | ⑥ SET Button          |
| ⑦ Memory Button            | ⑧ USB Type-C Power Input        | ⑨ Date and Time       |
| ⑩ User Icon                | ⑪ Inflation Icon                | ⑫ Deflation Icon      |
| ⑬ Memory Icon              | ⑭ Cuff Fitness Detection        | ⑮ Memory Number       |
| ⑯ Movement Detection       | ⑯ Heartbeat Symbol              | ⑰ Average Value Icon  |
| ⑲ Irregular Heartbeat Icon | ⑳ Unit of Blood Pressure        | ⑳ Low Battery Symbol  |
| ⑳ Pulse Rate               | ㉑ Blood Pressure Classification | ㉒ Systolic pressure   |
| ㉓ Diastolic pressure       |                                 |                       |

**Scope of supply**

Please check first of all that the device is complete and is not damaged in any way. In case of doubt, do not use it and contact your dealer or your service centre.

The following parts are included:

- 1 medisana blood pressure monitor BU 315
- 4 batteries (type AAA)
- 1 instruction manual

Please contact your supplier if you notice any transport damage on unpacking the unit.

**WARNING - Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!**

**How is blood pressure measured?**

The medisana BU 315 is a blood pressure unit which is used to measure blood pressure at the upper arm. The measurement is carried out by a microprocessor, which, via a pressure sensor, measures the vibrations resulting from the inflation and deflation of the cuff over the artery.

**Blood pressure classification**

systolic mmHg	diastolic mmHg	Classification	Blood pressure indicator
≥ 160	≥ 100	Stage 2 Hypertension (emergency)	red
140 - 159	90 - 99	Stage 1 Hypertension (mild)	yellow
90 - 139	60 - 89	Normal	green
< 90	< 60	Abnormal	green

**WARNING - Blood pressure that is too low represents just as great a health risk as blood pressure that is too high! Fits of dizziness may lead to dangerous situations arising (e.g. on stairs or in traffic)!**

**Influencing and evaluating readings**

- Measure your blood pressure several times, then record and compare the results. Do not draw any conclusions from a single reading.
- Your blood pressure readings should always be evaluated by a doctor who is also familiar with your personal medical history. When using the unit regularly and recording the values for your doctor, you should visit the doctor from time to time to keep him updated.
- When taking readings, remember that the daily values are influenced by several factors. Smoking, consumption of alcohol, drugs and physical exertion influence the measured values in various ways.
- Measure your blood pressure before meals.
- Before taking readings, allow yourself at least five minutes rest.
- If the systolic and diastolic readings seem unusual (too high or too low) on several occasions, despite correct use of the unit, please inform your doctor. This also applies to the rare occasions when an irregular or very weak pulse prevents you from taking readings.

**Influencing and evaluating readings**

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- If the systolic and diastolic readings seem unusual (too high or too low) on several occasions, despite correct use of the unit, please inform your doctor. This also applies to the rare occasions when an irregular or very weak pulse prevents you from taking readings.

**Getting started - insert/ replace batteries**

You must insert the batteries provided before you can use your unit. The lid of the battery compartment is located on the underside of the unit. Open it by slightly pushing it and moving it upwards. Remove it and insert the 4 AAA batteries supplied. Ensure correct polarity when inserting the batteries (as marked inside the battery compartment). Close the battery compartment. Replace the batteries if the low battery symbol appears on the display or if nothing appears on the display after the unit has been switched on.

**Type-C connection for Power Supply**

In addition to the batteries, the power can also be supplied by plugging into D.C. 5V external power supply through a Type-C port. (The Type-C charging cable is included in the packing)

**Settings - date and time**

In the power-off mode, press the SET button ④ for about 3 seconds to enter the date setting interface, and the "year" will flash. Press the Memory button ⑦ to adjust the year, and press the SET button ④ to confirm the selection. When the year is set, it will automatically enter the month setting. Press the Memory button ⑦ to adjust the month, and press the SET button ④ to confirm the selection. Follow the same steps to adjust the date/hour/minute.

**Fitting the cuff**

- Connect the air hose ② to the connector ③ on the left side of the device.
- Slide the open end of the cuff through the metal bracket so that the Velcro fastener is on the outside and it becomes a cylindrical form (Fig.1). Slide the cuff over your left upper arm.
- Position the air hose in the middle of your arm in line with your middle finger (Fig.2) (a). The lower edge of the cuff should be 2 - 3 cm above the crease of the elbow. (b). Pull the cuff tight and close the Velcro fastener (c).
- Tighten the end of the cuff so that it wraps evenly around your arm, leaving room for 2 fingers between the cuff and your arm.
- Measure the blood pressure on your bare arm.
- Only position the cuff on the right arm if it cannot be used on the left arm. Always carry out measurements on the same arm.
- Correct measuring position for sitting (Fig.3). Make sure that the cuff does not slip during measurement and that the printed arrow points to the crook of the arm.

**User memory setting**

The medisana blood pressure monitor features 2 separate memories, each with a capacity of 99 memory slots. In the power-off mode, press the SET button ④ to enter the user selection interface. Then press the SET button ④ to select user memory 1 or 2 (display: ⑧ or ⑨).

**Taking a blood pressure measurement**

- Press the ON / OFF button ① to switch on the unit.
- The device then automatically inflates the cuff slowly in order to measure your blood pressure. The rising pressure in the cuff is shown on the display. The cuff fitness detection icon ⑯ is always displayed on the screen when the cuff is worn correctly. When the cuff is worn too loosely, the icon will flash to remind you.
- The movement detection ⑯ flashes when body movement is detected. It may cause inaccurate measurement results. Please restart the measurement.
- The unit inflates the cuff until sufficient pressure has built up for a measurement. Then the unit slowly releases air from the cuff and carries out the measurement. When the device detects the heartbeat signal, the heartbeat symbol ⑯ on the display starts to flash
- When the measurement is finished, the systolic and diastolic blood pressure and the pulse value appears on the display. The blood pressure indicator ⑯ is displayed next to the relevant colored bar depending on the blood pressure classification. If the unit has detected an irregular heartbeat, the irregular heartbeat icon ⑯ also appears.

**Displaying stored results**

This unit features 2 separate memories, each with a capacity of 99 memory slots. Results are automatically stored in the memory selected by the user. Press the Memory button ⑦ when power off, to call up the average measured values of the last 3 measurements.

Press the Memory button ⑦ again to call up the last measurement value. Repeatedly pressing the Memory button ⑦ displays the respective values measured previously. If you have reached the final entry and do not press a button, the unit automatically switches itself off after approximately 1 minute in memory recall mode. Memory recall mode can be exited at any time by pressing the ON / OFF button ①, which will also switch the unit off. Once the memory log is full, old values will be refreshed with new ones.

**Deleting stored values**

If you are sure that you want to permanently remove all stored memories, press the SET button ④ in power-off mode to select the user group whose measured values need to be deleted. Press the ON / OFF button ① to power off and Memory button ⑦ to activate the screen, then press and hold the Memory button ⑦ for about 3 seconds to delete the memories of the selected user and the icon ⑯ will be shown on the display.

**Abnormal phenomena and handling troubleshooting**

Abnormal displays	Cause	Solution
Er U	The pressure cannot reach 30 mmHg (4 kPa) in 12seconds	
Er H	The inflation reaches 295mmHg, and it deflates automatically after 20ms	Pleased try again
Er 1	The pulse rate is not detected correctly	
Er 2	Too much disturbance (Move, talk, or magnetic disturbance during a measurement)	Move to a closer distance
Er 3	The measurement result is abnormal	
Er 23	SYS value reads lower than 57mmHg	
Er 24	SYS value reads higher than 255mmHg	
Er 25	DIA value reads lower than 25mmHg	Pleased try again
Er 26	DIA value reads higher than 195mmHg	

**Abnormal phenomena and handling**

Abnormal displays	Cause	Solution
Failure to power on	Whether the power is insufficient Whether the positive and negative poles of the battery are installed reversely	Replace the batteries or insert the Type-C charging cable for power supply Install the batteries correctly
No inflation	Whether the air tube plug is inserted tightly Whether the air tube is broken or leaked	Insert the air tube plug firmly into the jack Please contact the dealer to replace with a new cuff
Unable to measure due to the display error	Whether the arm is moved when pressurization Whether you talk during the measurement	Keep your arm and body still Keep quiet while measuring the blood pressure
Air leakage of the cuff	Whether the cuff is twined too loose The airbag of the cuff is ripped	Please tighten the cuff Please contact the dealer to replace with a new cuff

**WARNING - If the blood pressure still cannot be measured after trying the above-stated solutions, please contact the dealer. Do NOT attempt to disassemble the device by yourself.**

**Cleaning and maintenance**

Remove the batteries before cleaning the unit. Clean the unit using a soft cloth lightly moistened with a mild soapy solution. Never use abrasive cleaning agents, alcohol, naptha, thinner or gasoline etc. Never immerse the unit or any component in water. Be cautious not to get any moisture in the main unit. Do not wet the cuff or attempt to clean the cuff with water. Using a dry cloth, gently wipe away any excess moisture that may remain on the cuff. Lay the cuff flat in an unrolled position and allow the cuff to air dry. Do not expose the unit to direct sunlight; protect it against dirt and moisture. Do not expose the unit to extreme hot or cold temperatures. Keep the device in the storage case when not in use. Store the unit in a clean and dry location.

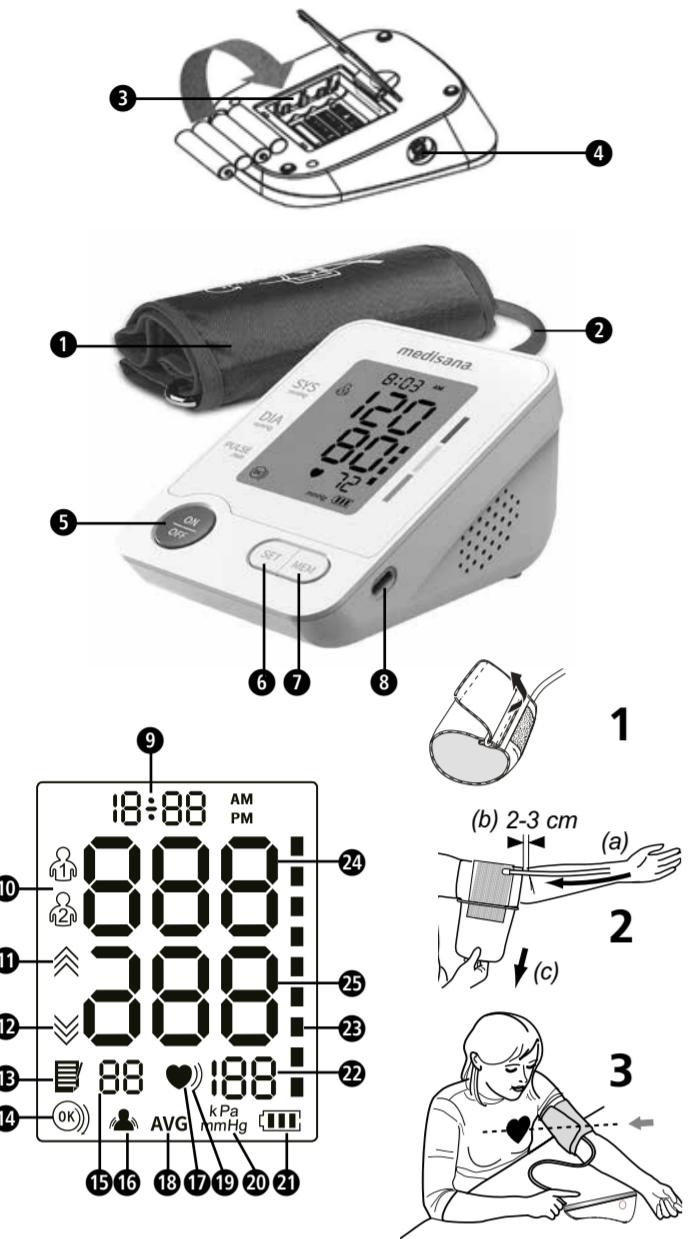
**Disinfection**

- If used by yourself in a home environment, wipe the cuff once a month with a commercially available cotton cloth with 75% alcohol for more than 30 seconds at a time for disinfection in addition to the normal cleaning routine.
- If used for more than one person (home use), wipe the cuff once a week with a commercially available cotton cloth with 75% alcohol for more than 30 seconds at a time for disinfection in addition to the normal cleaning routine.
- After cleaning/disinfection and before use, make sure that there are no blood stains or dirt on the display, the device or the cuff. If there are blood spots or dirt that cannot be removed, please dispose of the device without reusing it.
- If used in a complex environment (e.g. in a hospital) or by persons outside your own family, replace the cuff with a new one after use.

**MS Manual arahan**  
**Monitor tekanan darah lengan atas**  
**BU 315**

Unit dan paparan LCD

AOJ-30B



## Penjelasan simbol

**PENTING**

Ketidakpatuhan terhadap arahan ini boleh mengakibatkan kecederaan serius atau kerosakan pada peranti.

**AMARAN**

Nota ini mesti dipatuhi untuk mengelakkan sebarang kecederaan kepada pengguna.

**AMARAN**

Nota ini mesti diperhatikan untuk mengelakkan sebarang kerosakan pada peranti.

**Ambil perhatian**

Nota ini memberi anda maklumat tambahan yang berguna mengenai pemasangan atau operasi.



Klasifikasi peranti: jenis bahagian yang digunakan BF



IP21 Penarafan perlindungan kemasukan



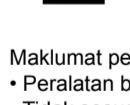
RoHS Tanda RoHS



Nombor LOT



Nombor siri



Pengeluar



Tarikh pembuatan

## Maklumat peranti:

- Peralatan berkuda dalam
- Tidak sesuai digunakan dengan kehadiran campuran anestetik mudah terbakar dengan udara atau dengan oksigen atau nitrus oksida
- Operasi berterusan dengan pemutusan masa pendek

## Penggunaan yang dimaksudkan

- Monitor tekanan darah elektronik tanpa preskripsi automatik sepenuhnya ini bertujuan untuk mengukur tekanan darah sistolik dan diastolik manusia dan kadar denyut jantung dengan menggunakan teknik osilometrik melalui manset, yang perlu berada di lengan atas. Semua nilai boleh dibaca dalam satu panel LCD. Peranti ini bertujuan untuk kegunaan dalam orang dewasa di rumah sahaja.
- Peranti ini dapat mengesan degupan jantung yang tidak teratur dan menunjukkan ini dengan simbol.

## Kontraindikasi

- Peranti ini tidak sesuai digunakan pada wanita hamil dan pesakit dengan peranti elektronik implan (contohnya perentak jantung atau defibrillator)

**MS Arah keselamatan**

Baca manual arahan dengan teliti sebelum menggunakan peranti ini, terutamanya arahan keselamatan, dan simpan manual arahan untuk kegunaan masa hadapan. Sekiranya anda memberikan peranti ini kepada orang lain, adalah penting untuk anda juga menyampaikan arahan ini untuk digunakan.



- Unit ini hanya bertujuan untuk digunakan di rumah. Rujuk doktor anda sebelum menggunakan monitor tekanan darah jika anda bimbang tentang masalah kesihatan.
- Hanya gunakan unit untuk tujuan yang dimaksudkan mengikut arahan penggunaan. Tuntutan jaminan menjadi tidak sah jika unit disalahgunakan.
- Sila berjumput dengan doktor anda sebelum menggunakan unit jika anda mengalami penyakit seperti penyakit oklusif arteri.
- Unit ini tidak boleh digunakan untuk memeriksa kadar denyut jantung perentak jantung.
- Wanita hamil harus mengambil langkah berjaga-jaga yang diperlukan dan memberi perhatian kepada keadaan individu mereka. Sila berjumput dengan doktor anda jika perlu.
- Rujuk doktor anda untuk mendapatkan maklumat lanjut tentang tekanan darah anda. Diagnosis kendiri dan rawatan kendiri berdasarkan nilai yang diukur mungkin berbahaya. Sentiasa ikut arahan yang diberikan oleh doktor anda!
- Jika anda mengalami ketidaksesuaian semasa pengukuran, seperti sakit di lengan atas atau aduan lain, tekan butang START/STOP untuk segera menghentikan pengukuran, longgar manset dan keluarkannya dari lengan anda.
- Peranti hanya berfungsi dengan betul dengan manset yang dipasang.
- Unit ini tidak sesuai untuk kanak-kanak.
- Produk perubatan bukan mainan!
- Sila pastikan unit dijauhi dari jangkauan kanak-kanak.
- Jangan letakkan tub udara di leher anda - bahaya sesak nafas!
- Menelan bahagian kecil seperti beg pembungkusan, bateri, penutup bateri dan sebagainya boleh menyebabkan sesak nafas.
- Pengguna perlu menyembunyikan sama ada peralatan berfungsi dengan baik dan ia berada dalam keadaan berfungsi dengan baik sebelum digunakan.
- Hanya manset yang disediakan boleh digunakan, dan tidak boleh ditukar kepada mana-mana manset berjenama lain. Ia hanya boleh digantikan dengan manset jenis yang sama.
- Peranti tidak boleh dikendalikan di dalam bilik dengan tahap radiasi yang tinggi atau di sekitar peranti radiasi tinggi, seperti pemancar radio, telefon bimbit atau gelombang mikro, kerana ini boleh menyebabkan kecacatan fungsi atau pengukuran yang salah.
- Jangan gunakan peralatan di mana terdapat gas mudah terbakar (seperti gas anestetik, oksigen atau hidrogen) atau cecair mudah terbakar (seperti alkohol).
- Tidak penggunaan unit / peranti ini dibenarkan.
- Tolong jangan cuba membawa unit sendiri sekiranya berlaku kerosakan, kerana ini akan membatalkan semua tuntutan jaminan. Hanya mempunyai pembaikan yang dilakukan oleh pusat servis yang dibenarkan.
- Lindungi unit daripada kelembapan. Sekiranya cecair berjaya menembusi unit, keluarkan bateri dengan segera dan jangan terus menggunakan unit. Dalam kes ini, hubungi pengerak pakar anda atau maklumat terurut kepada kami.
- Tolong jangan gunakan agen pencairan, alkohol atau petrol untuk membersihkan unit.
- Tolong jangan puluh peranti dengan kuat atau biarkan jika jatuh dari tempat yang tinggi.
- Jangan gunakan telefon bimbit dalam jarak peranti. Ini boleh menyebabkan kerosakan.
- Sekiranya unit tidak akan digunakan untuk jangka masa yang lama, sila keluarkan bateri.

**MAKLUMAT KESELAMATAN BATERI**

- Jangan buka bateri!
- Gantikan semua bateri jika paparan unit menunjukkan simbol bateri rendah.
- Jangan sekali-kali meninggalkan bateri yang lemah di dalam petak bateri kerana ia boleh bocor dan menyebabkan kerosakan pada unit.
- Peningkatan risiko kebocoran! Elakkan sentuhan dengan kulit, mata dan membran mukus! Sekiranya asid bateri bersentuhan dengan mana-mana bahagian ini, bilas kawasan yang terjejas dengan air tawar yang banyak dan dapatkan rawatan perubatan dengan segera!
- Sekiranya bateri telah tertelan, dapatkan rawatan perubatan dengan segera!
- Gantikan semua bateri secara serentak!
- Hanya gantikan dengan bateri jenis yang sama, jangan sekali-kali menggunakan jenis bateri yang berbeza bersama-sama atau bateri terpakai dengan yang baru!
- Masukkan bateri dengan betul, memerhatikan keputusan!
- Keluarkan bateri daripada peranti jika ia tidak akan digunakan untuk tempoh yang panjang selama 3 bulan atau lebih!
- Jauhkan bateri dari jangkauan kanak-kanak!
- Jangan cuba mengecas semula bateri! Terdapat bahaya letupan!
- Jangan litar pintar! Terdapat bahaya letupan!
- Jangan buang ke dalam api! Terdapat bahaya letupan!
- Jangan buang bateri terpakai ke dalam sampah isi rumah; Masukkan ke dalam bekas sisa berbahaya atau bawa ke tempat pengumpulan bateri, di kedai tempat ia dibeli!

**Unit dan Paparan LCD**

① Pemutar	② Hos Udara	③ Petak Bateri
④ Penyambung untuk hos	④ Butang ON / OFF	④ Butang SET
⑤ Butang Memori	⑤ Input Kuasa USB Type-C	⑤ Tarikh dan Masa
⑥ Ikon Pengguna	⑥ Ikon Inflasi	⑥ Ikon Deflasi
⑦ Ikon Memori	⑦ Pengesanan Kecergasan Cuff	⑦ Nombor Memori
⑧ Pengesanan Pergerakan	⑧ Simbol Degupan Jantung	⑧ Ikon Nilai Purata
⑨ Ikon Degupan Jantung Tidak Teratur	⑩ Unit Tekanan Darah	⑩ Simbol Bateri Rendah
⑪ Kadar Nadi	⑫ Klasifikasi tekanan darah	⑫ Tekanan sistolik
⑬ Tekanan diastolik		⑬ Tekanan diastolik

**Skop bekalan**

Sila periksa terlebih dahulu bahawa peranti itu lengkap dan tidak rosak dalam apa jua cara. Sekiranya terdapat keraguan, jangan gunakannya dan hubungi pengedar atau pusat servis anda.

Bahagian berkutti disenaraikan:

- 1 monitor tekanan darah **medisana BU 315**
- 4 bateri (jenis AAA)
- 1 Manual Arahan

Sila hubungi pembekal anda jika anda melihat sebarang kerosakan pengangkutan semasa membongkar unit.

**AMARAN - Sila pastikan bahawa pembungkusan polietena dijauhkan dari jangkauan kanak-kanak! Risiko sesak nafas!****Bagaimanakah tekanan darah diukur?**

Medisana BU 315 ialah unit tekanan darah yang digunakan untuk mengukur tekanan darah di bahagian atas lengan. Pengukuran dijalankan oleh mikropemproses, yang, melalui sensor tekanan, mengukur getaran yang terhasil daripada inflasi dan deflasi manset di atas arteri.

**Klasifikasi tekanan darah**

mmHg sistolik	diastolik mmHg	Pengelasan	Penunjuk tekanan darah
≥ 160	≥ 100	Hipertensi Tahap 2 (kecemasan)	Merah
140 - 159	90 - 99	Hipertensi Tahap 1 (ringan)	Kuning
90 - 139	60 - 89	Biasa	Hijau
< 90	< 60	Tidak normal	Hijau

**AMARAN - Tekanan darah yang terlalu rendah mewakili risiko kesihatan yang sama besarnya dengan tekanan darah yang terlalu tinggi! Pening boleh membawa kepada situasi berbahaya yang timbul (cth. di tangga atau dalam lalu lintas)!****Mempengaruhi dan menilai bacaan**

- Ukur tekanan darah anda beberapa kali, kemudian rekodkan dan bandingkan hasilnya. Jangan membuat sebarang kesimpulan daripada satu bacaan.
- Bacaan tekanan darah anda hendaklah sentiasa dinilai oleh doktor yang juga biasa dengan sejarah perubatan peribadi anda. Apabila mengambil bacaan, ingat bahawa nilai harian dipengaruhi oleh beberapa faktor. Merokok, penggunaan alkohol, dadah dan senaman fizikal mempengaruhi nilai yang diukur dalam pelbagai cara.
- Ukur tekanan darah anda sebelum sebentar.
- Sebelum mengambil bacaan, biarkan diri anda berehat sekurang-kurangnya lima minit.
- Jika bacaan sistolik dan diastolik kelihatan luar biasa (terlalu tinggi atau terlalu rendah) pada beberapa kesempatan, walaupun penggunaan unit dengan betul, sila maklumkan kepada doktor anda. Ini juga terpakti kepada keadaan yang jarang berlaku apabila nadi yang tidak teratur atau sangat lemah menghalang anda daripada mengambil bacaan.

**Mempengaruhi dan menilai bacaan**

- Ukur tekanan darah anda beberapa kali, kemudian rekodkan dan bandingkan hasilnya. Jangan membuat sebarang kesimpulan daripada satu bacaan.
- Bacaan tekanan darah anda hendaklah sentiasa dinilai oleh doktor yang juga biasa dengan sejarah perubatan peribadi anda. Apabila mengambil bacaan, ingat bahawa nilai harian dipengaruhi oleh beberapa faktor. Merokok, penggunaan alkohol, dadah dan senaman fizikal mempengaruhi nilai yang diukur dalam pelbagai cara.
- Ukur tekanan darah anda sebelum sebentar.
- Sebelum mengambil bacaan, biarkan diri anda berehat sekurang-kurangnya lima minit.
- Jika bacaan sistolik dan diastolik kelihatan luar biasa (terlalu tinggi atau terlalu rendah) pada beberapa kesempatan, walaupun penggunaan unit dengan betul, sila maklumkan kepada doktor anda. Ini juga terpakti kepada keadaan yang jarang berlaku apabila nadi yang tidak teratur atau sangat lemah menghalang anda daripada mengambil bacaan.

**Bermula - masukkan / ganti bateri**

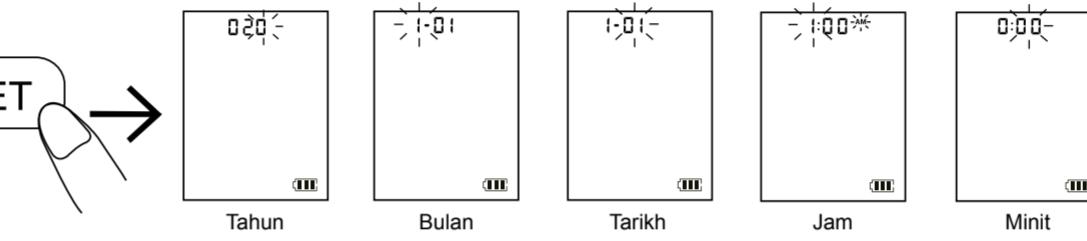
Anda mesti memasukkan bateri yang disediakan sebelum anda boleh menggunakan unit anda. Tudung petak bateri terletak di bahagian bawah unit. Buka dengan menolak sedikit dan menggerakkannya ke atas. Keluarkan dan masukkan 4 bateri AAA yang dibekalkan. Pastikan kekutuhan yang betul semasa memasukkan bateri (seperti yang ditandakan di dalam petak bateri). Tutup petak bateri. Gantikan bateri jika simbol bateri lemah muncul pada paparan atau jika tiada apa-apa yang muncul pada paparan selepas unit dihidupkan.

Sambungan Jenis-C untuk Bekalan Kuasa

Sebagai tambahan kepada bateri, kuasa juga boleh dibekalkan dengan memasangkan ke bekalan kuasa luaran DC 5V melalui port Jenis-C. (Kabel pengesanan Jenis-C disertakan dalam pembungkusan)

**Tetapan - tarikh dan masa**

Dalam mod matikan, tekan butang SET ④ selama kira-kira ⑤ saat untuk memasuki antara muka tetapan tarikh, dan "tahun" akan berkilang. Tekan butang Memori ⑥ untuk mlaraskan tahun, dan tekan butang SET ④ untuk mengesahkan pemilihan. Apabila tahun ditetapkan, ia akan memasuki tetapan bulan secara automatik. Tekan butang Memori ⑥ untuk mlaraskan bulan, dan tekan butang SET ④ untuk mengesahkan pemilihan. Ikti langkah yang sama untuk mlaraskan tarikh/jam/minit.

**Memasang manset**

- Sambungkan hos udara ② ke penyambung ③ di sebelah kiri peranti.
- Luncurkan hujung turbuksa manset melalui pendak logam supaya pengikat Velcro berada di luar dan ia menjadi bentuk silinder (Gamb. 1). Luncurkan manset ke atas lengan anda.
- Letakkan hos udara di tengah-tengah lengan anda sejajar dengan jari tengah anda (Gamb.2) (a). Tepi bawah manset hendaklah 2 - 3 cm di atas lipatan siku. (b). Tarik manset dengan ketat dan tutup pengikat Velcro (c).
- Ketekat hujung manset supaya ia melilit sama rata di sekeliling lengan anda, tinggalkan ruang untuk 2 jari antara manset dan lengan anda.
- Ukur tekanan darah pada lengan kosong anda.
- Hanya letakkan manset pada lengan kanan jika ia tidak boleh digunakan pada lengan kiri. Sentiasa lakukan pengukuran pada lengan yang sama.
- Kedudukan pengukuran yang betul untuk duduk (Gamb.3). Pastikan manset tidak tergelincir semasa pengukuran dan anak panah yang dicetak menghalang ke bengkok lengan.

**Tetapan memori pengguna**

Monitor tekanan darah **medisana** mempunyai 2 kenangan berasingan, masing-masing dengan kapasiti 99 slot memori. Dalam mod matikan, tekan butang SET ④ untuk memasuki antara muka pemilihan pengguna. Kemudian tekan butang SET ④ untuk memilih memori pengguna 1 atau 2 (paparan: ⑤ atau ⑥).

**Mengambil ukuran tekanan darah**

- Tekan butang ON / OFF ⑤ untuk menghidupkan unit.
- Peranti kemudian secara automatik mengembang manset perlahan-lahan untuk mengukur tekanan darah anda. Tekanan yang semakin meningkat dalam cuff ditunjukkan pada paparan. Ikon pengesanan kecergasan manset ⑦ sentiasa dipaparkan pada skrin apabila manset dipakai dengan betul. Apabila manset dipakai terlalu lama, ikon akan berkilang untuk mengingatkan anda. Pengesanan pergerakan ⑧ berkilang apabila pergerakan badan dikesan.
- Unit mengembang manset sehingga tekanan yang mencukupi telah terkumpul untuk pengukuran. Kemudian unit perlahan-lahan melepaskan udara dari manset dan