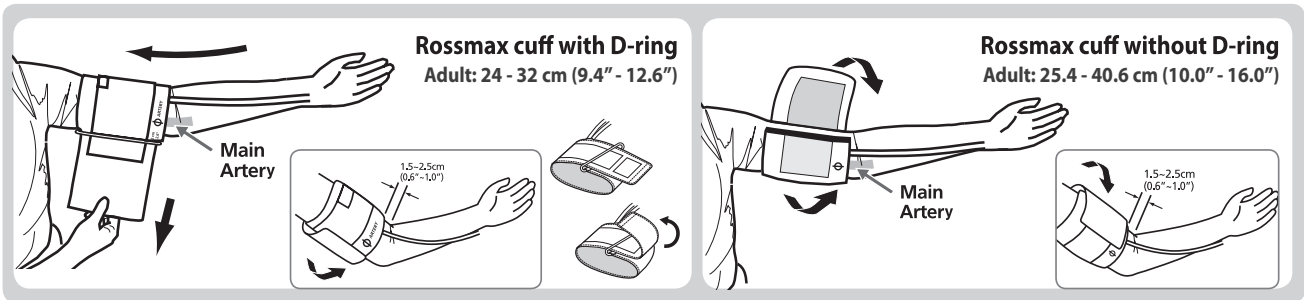


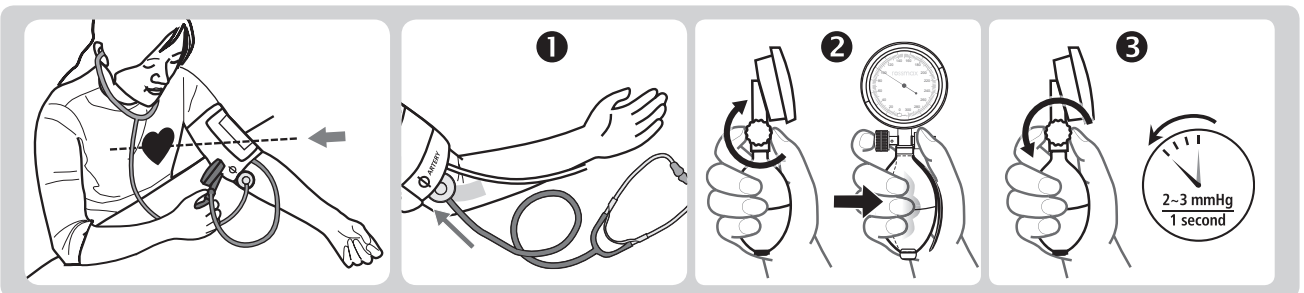
## Rossmax Aneroid Sphygmomanometer GD101

### Quick Guide



### Applying the Cuff

1. Place the cuff over the bare upper arm, wrap it with the tube pointing your palm, and the artery mark over your main artery.
2. The edge of the cuff should be at approximately 1.5 to 2.5 cm above the inner side of the elbow joint. If the index line falls within the range of the arm circumference indicator, the cuff circumference is suitable, otherwise you may need a cuff with a different circumference.
3. Using the correct cuff size is important for an accurate reading.

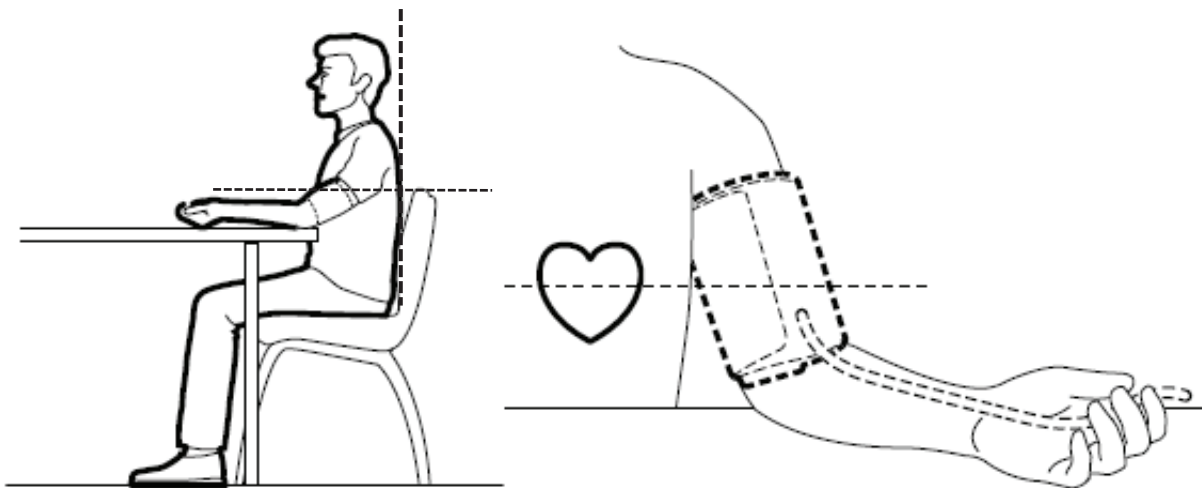


### Measurement Procedures

1. Place the stethoscope head over the main artery, underneath the artery mark of the cuff. (Fig. ①)
2. With the valve closed, press the bulb and continue pumping to a value 20-30 mmHg above your normal blood pressure. (Fig. ②)
3. Open the valve to deflate the cuff gradually at a rate of 2-3 mmHg per second. (Fig. ③)
4. Record the onset of Korotkoff sound as the systolic pressure, and the disappearance of these sounds as diastolic pressure.
5. After measurement is completed, fully open the valve to release any remaining air in the cuff.



## Measurement Procedures



Here are a few helpful tips to help you obtain more accurate readings:

- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
- Blood pressure recording can be affected by the position of the user, his or her physiological condition and other factors. For greatest accuracy, wait one hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
- Before measurement, it's suggested that you sit upright (90°) and quietly for at least 5 minutes as measurement taken during a relaxed state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement. Make sure that the arm is same level with the heart when during take measurement in order to obtain more accurate readings.
- Do not take measurements if you are under stress or tension.
- During measurement, do not talk or move your arm or hand muscles.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
- Wait 5 minutes before taking the next measurement.

***Remarks: Please consult your doctor for the interpretation of results and diagnosis.***

