

OPTIMUM ANEROID SPHYGMOMANOMETER

Instructions for Use

Intended Use: Measure systolic and diastolic blood pressure. Note: Only medical personnel are qualified to analyze blood pressure readings.

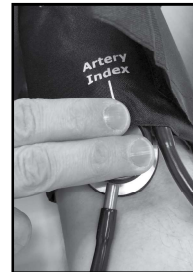
Instructions for Use: Applies to BV Medical Model Numbers 20-108-011/12/13/14/15-L.

1. **Prepare for measurement:** The person subject to measurement should sit comfortably, feet flat and back supported. Relax for 5 minutes and don't talk. Rest left arm on a flat surface at the height of the heart and palm up.

2. **Apply Cuff:** Use a properly sized cuff. Bladder length should be about 80% of the circumference of the upper arm and width about 40% of the circumference. Wrap the cuff around the upper arm with the lower edge one inch above the antecubital fossa (elbow pit) as shown at right. It should be snug.



Cuff Placement



Bell Placement

3. **Place Stethoscope Bell (sold separately):** Lightly press the stethoscope's bell over the brachial artery just below the cuff's edge as show at right.

Instructions for Use (continued):

4. Inflate the Cuff/Bladder:

Ensure inflation bulb air valve is closed by turning clockwise. Rapidly inflate the cuff to approximately 180mmHg.

5. Release Air and Listen through Stethoscope:

Turn valve counterclockwise slightly so rate of deflation is 2 - 3 mmHg per second as indicated on gauge. Simultaneously, listen through stethoscope for first knocking sound (Korotkoff). This is the systolic pressure reading. Continue listening until knocking sound ceases. This is the diastolic pressure reading.

Close for Inflation



Turn Valve Clockwise

Open for Deflation



Turn Valve
Counterclockwise
Slightly

6. Record results: Take at least two readings, 1 minute apart. Record results. If blood pressure consistently appears elevated (above approximately 120/80), contact a health care professional for advice.*

*National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services. Not an endorsement. <https://www.nhlbi.nih.gov/health-topics/high-blood-pressure/>

Manometer Accuracy Check:

1. Detach gauge from tubing.
2. If the needle rests within the zero indicator on the faceplate (as shown at right), your unit is guaranteed to be accurate.
3. If the needle rests outside the zero indicator, the unit should be returned for repair or replacement at BV Medical's sole discretion (see warranty on last page).



SAFETY WARNING: Never inflate beyond 300mmHg. Do not dismantle manometer.

Maintenance: Use soft, damp cloth to clean. Deflate cuff before storage. Store between -4°F to 150°F (-20°C to 70°C). Do not expose to prolonged direct sunlight. Do not puncture cuff, bladder or bulb or use sharp instruments near them.

BV Medical Lifetime Warranty for Manometer Accuracy

If, **under normal conditions of use**, the aneroid gauge becomes inaccurate, you are entitled to free readjustment of the unit for the lifetime of the product. Readjustment does not include the replacement of broken parts or any part of the inflation system. BV Medical guarantees gauge accuracy as long as the dial needle remains within the zero indicator on the faceplate when gauge is not in use. The warranty on all parts of the inflation system is for a period of five years. For readjustment, ship the unit prepaid. Enclose check or money order for \$17.95 to cover shipping/insurance to:

**BV Medical Customer Service
28W206 Commercial Ave., Unit B
Lake Barrington, IL 60010**

Distributed By:

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28W206 Commercial Ave., Unit B
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With Natural
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