

LifeSource[™]
Your source for a lifetime of health

HOME BLOOD PRESSURE KIT INSTRUCTIONS



AND
A&D Medical

TRILINGUAL INSTRUCTION GUIDE—MODEL UA-100

IMPORTANT INFORMATION



■ Please read this important information before using your monitor.

- Please remember that only a medical practitioner is qualified to interpret your blood pressure measurements. Use of this device should not replace regular medical examinations.
- Have your physician review the procedure for using this device. He or she will want to verify blood pressure measurements before prescribing or adjusting medications.
- Consult your physician if you have any doubt about your readings. Should a mechanical problem occur, contact A&D Medical.
- Clean the monitor and cuff with a dry, soft cloth or a cloth dampened with water and a mild detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean monitor or cuff.

■ Precautions

This Blood Pressure monitor is designed to be used at home or in a doctor's/nurse's office, by those who are eighteen (18) years and older, to monitor blood pressure (systolic and diastolic) and pulse rate.

Caution: This product contains natural rubber latex which may cause allergic reactions.



Congratulations on purchasing a state-of-the-art LifeSource blood pressure monitor—one of the most technologically advanced monitors available today. Designed for ease of use and accuracy, this monitor will facilitate your daily blood pressure regimen.

Physicians agree that daily self-monitoring of blood pressure is an important step individuals can take to maintain cardiovascular health and prevent the serious consequences associated with undetected and untreated hypertension.

A&D Medical has been manufacturing high quality healthcare products for over 20 years. We are committed to providing you and your family with monitoring devices that provide the utmost in accuracy and convenience.

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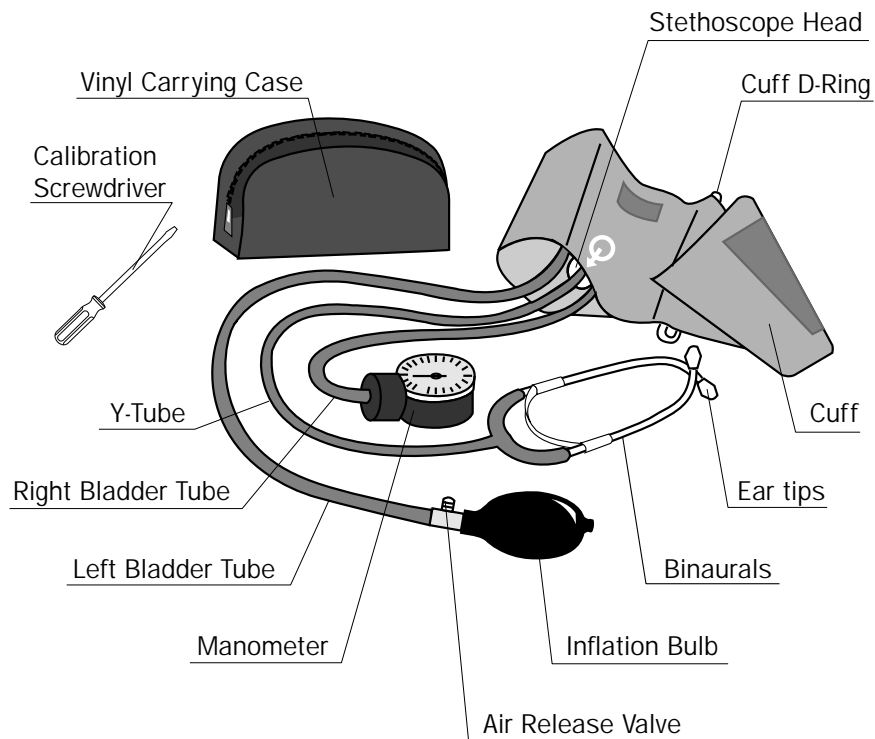


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HOME BLOOD PRESSURE KIT COMPONENTS




■ List of Components:

Ear tips	Left Bladder Tube	Stethoscope Head
Binaurals	Right Bladder Tube	Vinyl Carrying Case
Inflation Bulb	Y-Tube	Calibration Screwdriver
Air Release Valve	Cuff D-Ring	
Manometer	Cuff	

ASSEMBLY INSTRUCTIONS



1. Place cuff with arrow  pointing towards you.
2. Make sure cuff end has been inserted through the D-Ring.
3. Insert single end of the Y-Tube into stethoscope head.
4. Insert each arm of the Y-Tube into each bottom end of the binaurals.
5. Insert air release valve into left bladder tube.
6. Insert manometer into right bladder tube.

TAKING YOUR BLOOD PRESSURE



■ Tips for Blood Pressure Monitoring:

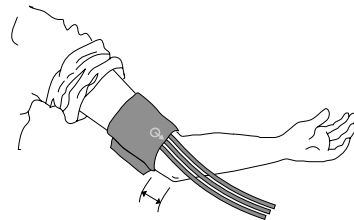
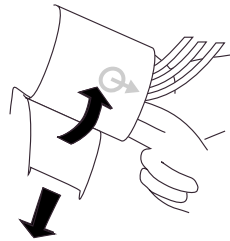
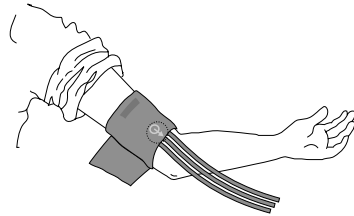
- Relax for about 5 to 10 minutes before measurement.
- Remove constricting clothing and place cuff on bare arm.
- Unless your physician recommends otherwise, use left arm to measure pressure.



TAKING YOUR BLOOD PRESSURE

■ Now you are ready. Follow these simple steps:

1. Sit comfortably with your left arm resting on a flat surface so that the center of your upper arm is at the same height as your heart.
2. Lay left arm on the table with palm up. Place the cuff on upper arm with the tube facing downward and toward the inside of your arm. Fasten cuff securely with hook and loop fastener strap.
3. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.
4. With your palm facing up, place the stethoscope head one-inch above the bend of the elbow on the inside of the arm. This is where the main artery is located.



TAKING YOUR BLOOD PRESSURE



5. Insert the ear tips of the stethoscope into your ears. Adjust by turning ear tips to fit comfortably in your ears.
6. Hold the manometer in your left hand and the inflation bulb in your right hand.
7. Close the air release valve on the bulb by turning the valve clockwise.
8. Inflate the cuff by repeatedly squeezing the bulb with your right hand. Listen to the pulse beat while inflating the cuff.
9. Watch the gauge. When you can no longer hear the pulse beat, raise the pressure an additional 30 mmHg.
NOTE: Do not inflate the cuff above 280 mmHg. You may injure yourself or damage the equipment. If you are uncertain about the proper cuff inflation level, consult your physician.
10. After reaching your inflation level, slowly deflate the cuff by opening the air release valve. To open the air release valve, turn it counter-clockwise so that the pressure drops 2-4 mmHg per second. The needle on the manometer should drop an average of one to two marks every second.

NOTE: Pressurizing the cuff shuts off all blood flow to the arm. Do not leave it fully inflated any longer than absolutely necessary.



TAKING YOUR BLOOD PRESSURE

11. After opening the air release valve, listen carefully for a pulse beat. The moment you hear the first thumping sounds of your pulse beat, note the reading on the gauge. This is your systolic blood pressure measurement.
12. When you can no longer hear any sounds, read the gauge. This is your diastolic blood pressure measurement.
13. Remove cuff and make note of your blood pressure on the blood pressure record located on page E-9.

NOTE: To be certain your technique was good and the readings were as accurate as possible, wait 10-15 minutes and repeat the procedure.

■ Two-party method

1. If you plan on taking someone else's blood pressure, have the person whose blood pressure is to be taken to rest and relax at least 15 minutes beforehand.
2. Have the person extend his or her left arm toward you, palm up. Be sure the arm rests at the same level as the heart.
3. Position the cuff as indicated in the self-taking instructions.
4. Attach the manometer to the loop on the cuff, so that it is clearly visible to you.
5. Perform Steps 1-13 in Taking Your Blood Pressure.

If possible, have your physician watch your technique to be sure it is correct.

ABOUT BLOOD PRESSURE



■ What Is Blood Pressure?

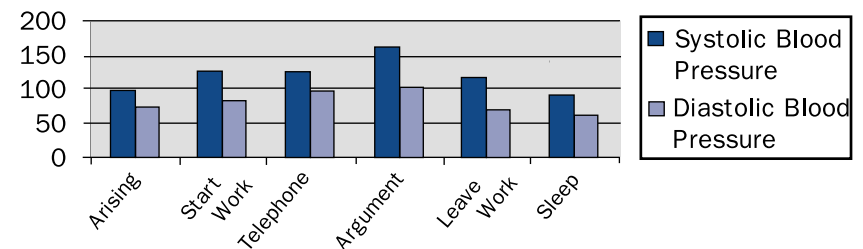
Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts; diastolic pressure occurs when the heart expands. Blood pressure is measured in millimeters of mercury (mmHg).

■ What Affects Blood Pressure?

Blood pressure is affected by many factors: age, weight, time of day, activity level, climate, altitude and season. Certain activities can significantly alter one's blood pressure. Walking can raise systolic pressure by 12 mmHg and diastolic pressure by 5.5 mmHg.

Sleeping can decrease systolic blood pressure by as much as 10 mmHg. Taking your blood pressure repeatedly without waiting an interval of 5 to 10 minutes between readings, or without raising your arm to allow blood to flow back to the heart, can also affect it.

Fluctuation within a day (case: 35 year old male)





ABOUT BLOOD PRESSURE

In addition to these factors, diet beverages containing caffeine or alcohol, certain medications, emotional stress and even tight-fitting clothes can make a difference in the readings.

■ What Causes Variations In Blood Pressure?

An individual's blood pressure varies greatly from day to day and season to season. For hypersensitive individuals, these variations are even more pronounced. Normally, blood pressure rises during work or play and falls to its lowest levels during sleep.

■ Assessing High Blood Pressure

The following standards for assessing high blood pressure (without regard to age) have been established by the National Institutes of Health JNCVI.

Category	Systolic (mmHg)	Diastolic (mmHg)
Optimal	<120	<80
Normal	<130	<85
High Normal	130 - 139	85 - 89
Hypertension		
Stage 1	140 - 159	90 - 99
Stage 2	160 - 179	100 - 109
Stage 3	≥180	≥110

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B L O O D P R E S S U R E R E C O R D

Name: _____ Age: _____ Weight: _____

DATE	AM	SYS/DIA	PULSE	PM	SYS/DIA	PULSE
1/14	9:30	132/98	P69	6:30	128/87	P63



MAINTENANCE INSTRUCTIONS

■ Basic Care of Your Home Blood Pressure Kit

With proper care, your Home Blood Pressure Kit will provide many years of reliable service. To insure a well functioning unit, follow these basic rules:

- Handle the pressure manometer with care. Do not drop or jar. The needle should indicate zero when cuff is fully deflated.
- Always deflate cuff before storing.
- Avoid hitting objects against surface of stethoscope.
- Store all items, including instruction booklet, in the convenient storage case provided.

A&D Medical has checked your blood pressure unit to assure reliability and accuracy prior to shipment. However, as with any sensitive instrument subject to repeated use, we recommend your blood pressure unit be checked periodically for proper calibration to ensure accurate blood pressure readings.

CHECKING FOR ACCURACY



■ How to Check your Home Blood Pressure Kit for Accuracy

1. Detach manometer from bladder tube. Hold manometer in a vertical position.
2. If the needle on the dial rests within the zero indicator on the face plate, your unit is guaranteed to be accurate.
3. If the needle rests outside the zero indicator, it should be recalibrated.
4. To recalibrate, insert the small screwdriver into the hose connector end of the manometer. Turn the screw driver in either direction without going all the way around the dial to get the needle back to the zero indicator.
5. If the unit cannot be recalibrated using this method, please contact A&D Medical at 1-888-726-9966.

■ Two-Year Calibration Warranty

A&D Medical warrants, to the first retail purchaser of the Manometer (the Product), free accuracy adjustment for a period of two years if the Product becomes inaccurate under normal conditions of use. See enclosed warranty card for complete details.



CONTACT INFORMATION

Our products are designed and manufactured using the latest scientific and technological methods, and offer accurate, easy to use, home monitoring and treatment options. Our full product line includes:

- Heart Rate Monitors
- Digital Blood Pressure Monitors
- Aneroid Blood Pressure Kits
- Blood Pressure Cuffs
- Digital Thermometers
- Stethoscopes

This LifeSource blood pressure product is covered by a two-year warranty. See warranty card for details.

VISIT OUR WEBSITE AT WWW.LIFESOURCEONLINE.COM
FOR WARRANTY REGISTRATION.

For more information regarding use, care or servicing of your blood pressure monitor, contact:

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