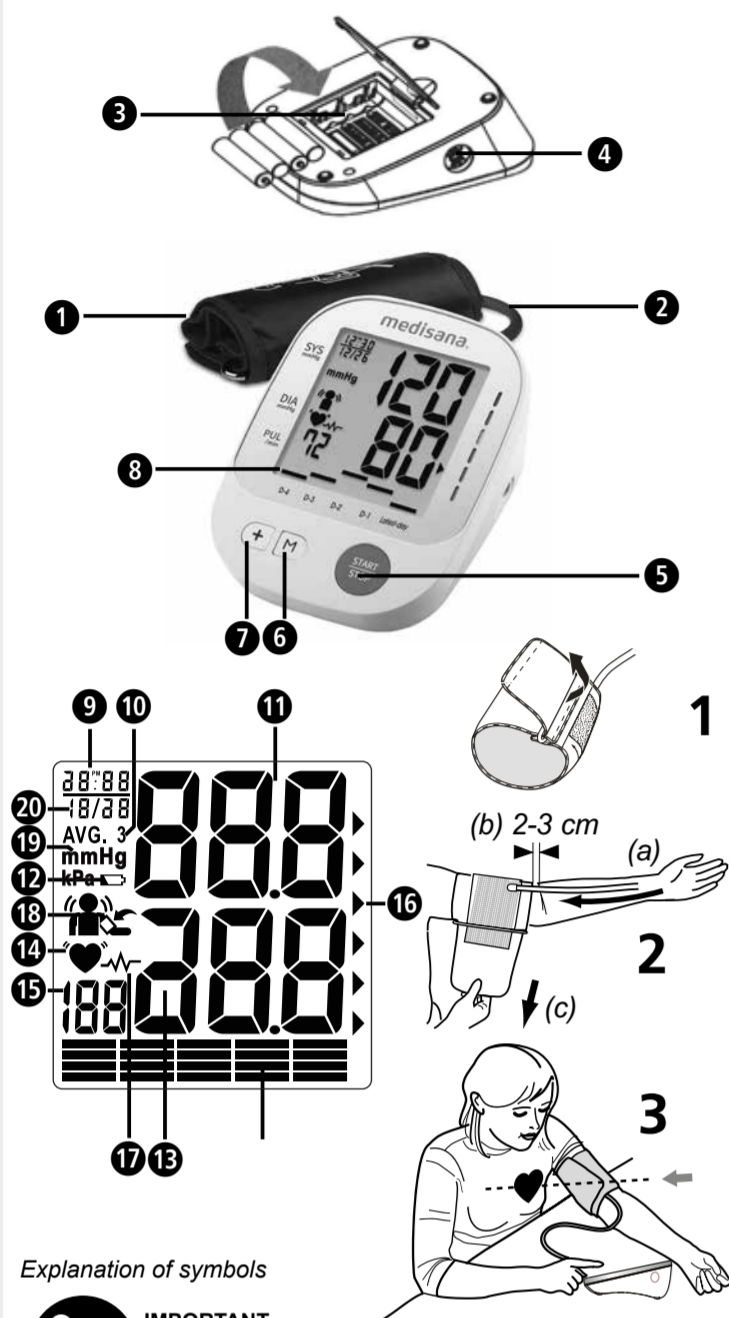


## GB Instruction manual Upper arm blood pressure monitor BU 330 voice

Unit and LC-display



### Explanation of symbols

**IMPORTANT**  
Please read the instruction manual and follow the instructions before use. Not observing these instructions could 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 provide you with some useful additional information on installation or operation of this product.

**WARNING:** To avoid inaccurate results due to electromagnetic interference, portable RF communication devices (including peripherals such as antenna cables and external antennas) should not be closer than 30 cm to any part of the instrument. The performance of this device may be affected.

Device classification:  
type BF applied part

Temperature range Humidity range

Ingress protection rating Atmospheric pressure range

Non-ionizing electromagnetic radiation

LOT LOT number SN Serial number MD Medical Device

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

### 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 useable cuff circumference is 23 to 43 cm. 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, electrical devices (e.g. pacemaker or defibrillator).



358A2-LT  
330 voice\_manual\_GB\_MS\_202405\_L1

# CE 0197

## 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.



- This product is intended only for private use at home.
- Only use the unit for its intended purpose in accordance with the instructions for use. Warranty claims become void if the unit is misused.
- The patient is an intended operator. The patient can measure data and change batteries under normal circumstances and maintain the device and its accessories according to the user manual. The applied part is the cuff.
- This blood pressure monitor is intended for use by adults aged 18 years and above. The device is not suitable for measuring the blood pressure of children or infants.
- Please ensure that the unit is kept away from the reach of children and pets. The swallowing of small part like packaging bag, battery, battery cover and so on may cause suffocation.
- The device has sensitive components. Be careful and ensure that the operating and storage conditions are met.
- Wait at least 30 minutes after consuming caffeine or tobacco before taking a measurement.
- Before taking a measurement, rest for 5-10 minutes and do not eat, drink alcohol, smoke, do not do any physical work, do not exercise or bathe. All these factors can influence the measurement result.
- Repeated measurements cause the blood to congestion, which can lead to a false result and/or unpleasant sensations (e.g. numbness in the arm). Successive blood pressure measurements should be taken with 3-minute breaks. If the symptoms do not subside within a few minutes, contact your doctor.
- Always measure on the same upper arm (usually left). For those who have had a mastectomy or lymph node clearance, it is recommended to take a measurement on the unaffected side.
- Measure your blood pressure regularly, at the same time every day, because blood pressure changes throughout the day. Ensure a comfortable and relaxed position and do not tense any muscle of the arm being measured during the measurement. If necessary, use a support cushion.
- Keep calm during the measurement: do not move or speak, otherwise the measurement results may change.
- Extreme temperatures, humidity or altitude can affect the performance of the unit.
- Cuffs that are too loose or tight cuff may lead to incorrect measurements.
- Do not take measurements, if any other equipment is applied to the same limb for monitoring. This could lead to disturbances or failures. This device is not suitable during intravenous injection to limbs or during dialysis treatment.
- The device is not suitable for use on pregnant women, patients with implanted, electrical devices (e.g. pacemaker or defibrillator), patients with pre-eclampsia, premature ventricular beats, atrial fibrillation, peripheral, arterial disease and patients undergoing intravascular therapy or arterio-venous shunt or people who received a mastectomy. Please consult your doctor prior to using the unit if you suffer from illnesses.
- If you suffer from circulation problems, arteriosclerosis, diabetes, liver disease, kidney disease, severe hypertension or peripheral circulation problems, consult your doctor before using the device.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure on the upper arm. It is not intended for use on extremities other than the upper arm or for functions other than obtaining a blood pressure measurement.
- Do not take any therapeutic measures on the basis of a self measurement. Never alter the dose of a medicine prescribed by a doctor. If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Contact your doctor if you have any further questions about blood pressure measurement with this device.
- Irregularity of pulse or arrhythmia can lead to difficulties in recording a correct reading when measurements are taken using oscillometric blood pressure devices. This device is electronically equipped to detect irregular heartbeat, which it indicates with the icon 17. In this case, contact your physician.
- Never bend the air hose during use as this may lead to injuries. Also never squeeze or block the air hose in any way.
- This device cannot be placed near or used at the same time as any surgical equipment.
- Do not use this device if there are any wounds or injuries present on the arm.
- If you experience discomfort during a measurement, such as pain in the upper arm or other complaints, press the START/STOP button 5 to release the air immediately from the cuff. Loosen the cuff and remove it from your arm.
- If a fault occurs causing the cuff to remain fully inflated during measurement, open the cuff immediately. Prolonged high pressure applied to the arm may lead to bruising.
- Before use, make sure the device functions safely and is in proper working condition. Do not service or maintain while the device is in use.
- Check the device for damage. The use of a damaged device can result in injury, incorrect readings or serious hazards.
- The unit may not be operated in the vicinity of appliances that emit strong electric radiation such as radio transmitters or mobile phones. This may affect the proper functioning (see "electromagnetic compatibility").
- The device and its components are suitable for use within the patient environment. If you are allergic to polyester, nylon or plastic, please don't use this device.
- Do not touch output of batteries and the patient simultaneously.
- Please do not attempt to repair the unit yourself in the event of malfunctions. Only have repairs carried out by authorised service centres.
- Only use original additional or spare parts from the manufacturer. Other parts could damage the device or could lead to personal injury.
- Please report to **medisana** if any unexpected operation or events occur.
- Only use the device under the conditions mentioned in the technical details. Otherwise, the lifespan and performance of the device could suffer.
- If you have any infectious skin disease or the device is used by users with infectious skin disease, please do not continue using the device. Before using the device, user should check the appearance of cuff. If you notice blood or other soil on cuff, please do not use this device. If there is one of above situations, please dispose of the device without reuse.
- Protect the appliance from heavy blows and do not drop it.
- If the unit is not going to be used for a long period, please remove the batteries.
- Accuracy: In case it is needed to have the device checked for calibration, please consult the service center.

### BATTERY SAFETY INFORMATION

- Do not disassemble batteries!
- A battery icon on display indicates low power or incorrect direction of the batteries. We recommend that you replace the batteries with new ones and make sure the +/- ends of the batteries are placed correctly.
- To extend the service life of the batteries and prevent damage due to leakage, please remove the batteries from the device if it has not been used for a long time.
- If battery leakage occurs, do not allow the battery acid to come into contact with your skin, eyes, or 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 is swallowed seek medical attention immediately!
- Replace all of batteries at the same time! Only replace batteries with those of the same type, and never use different types of batteries together or used batteries with new ones.
- Insert the batteries correctly, observing the polarity!
- Keep batteries out of children's reach!
- Do not attempt to recharge batteries, do not short-circuit and 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 LC-Display

- |                                       |                                      |   |
|---------------------------------------|--------------------------------------|---|
| 1 Cuff                                | 2 Air hose                           | 3 Battery compartment (on backside)                         |
| 4 Connector for the hose              | 5 START/STOP button                  | 6 M-button  |
| 7 "+" button                          | 8 5 Columns of 5-day Manage Function | 9 Time (Hours : Minutes)                                    |
| 10 Average of the last 3 measurements | 11 Systolic pressure                 | 12 Pulse Symbol   |
| 13 Low battery symbol                 | 14 Diastolic pressure                | 15 Blood Pressure Indicator (green - yellow - orange - red) |
| 16 Heart rate                         | 17 Irregular heartbeat detector      | 18 Movement detected / cuff incorrectly applied             |
| 19 Date (Month : Day)                 | 20 Measurement unit                  |   |

### 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 330 voice** • 1 cuff with air tube
- 4 batteries (type AAA, LR03) 1.5V • 1 storage pouch
- 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 out of reach of children as there is risk of suffocation!**

### How is blood pressure measured?

This product is a blood pressure monitor used to measure blood pressure at the upper arm. This device can measure blood pressure simultaneously with cuff inflation via a microprocessor, allowing for faster measurement than conventional methods.

### Blood pressure classification

systolic mmHg	diastolic mmHg		Bloodpressure indicator 15
≥ 180	≥ 110	Stage 3 Hypertension emergency	red
160 - 179	100 - 109	Stage 2 Moderate hypertension	orange
140 - 159	90 - 99	Stage 1 Mild hypertension	yellow
130 - 139	85 - 89	high-normal blood pressure	green
120 - 129	80 - 84	normal blood pressure	green
< 120	< 80	optimal blood pressure	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.

### 5-day Manage Function

There are 5 columns in the bottom of LCD, each column presents the level for each day. The rightmost column is the measurement record in latest day and the leftmost column is the record 4 days ago before the latest day. Each column illustrates relative level of blood pressure between 5 days. The display of all 5 columns can show the trend variance in 5 days. The display of the function will show up when blood pressure monitor in the standby mode and it will update when there is a new measurement completed.

### Getting started - Inserting/changing 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, remove it and insert the 4 x 1.5 V batteries, type AAA / LR03 supplied. Ensure correct polarity when inserting the batteries (as marked inside the battery compartment). Close the battery compartment. Replace the batteries if the change battery symbol 12 appears on the display or if nothing appears on the display after the unit has been switched on. (Please do not mix old and new batteries)

### Settings - Setting date, clock and voice output options

Press the "+" button 7 for 3 seconds to set the date, time and voice output settings. First the year flashes, which you can adjust with the M-button 6. Then press the "+" button 7 again to confirm the entry and to move to the next setting option. Proceed in the same way for month, day, hour and minute. After setting year, date and time, press the "+" button 7 to save the settings and enter in to voice output options. Then press M-button 6 to select from the following options: "L1" = English; "L2" = Chinese; "OFF" = Voice output deactivated. Press "+" button 7 to save the settings and then switches back to the initial standby mode.

### Fitting the cuff

- Connect the air hose to the connector 4 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 120 memory slots. Press the "+" button 7 to select user memory 1 (display: **no 1**) or 2 (**no 2**).

### Taking a blood pressure measurement

- After applying the cuff and setting the user memory, press the **START/STOP** button 5.
- All display characters are shown (display test). This test can be used to check that the display is indicating properly and in full. The unit is ready for measurement and "00" appears.
- 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.
- When the device detects the signal, the pulse symbol 12 on the display starts to flash. If a result is determined, the device slowly will release the air from the cuff. The systolic and diastolic blood pressure and the pulse value appear on the display.
- If voice output is activated, the measured values are also emitted acoustically (however, no voice output will be emitted if the battery voltage is low or if measurement errors occur).
- The blood pressure indicator 15 appears next to the relevant coloured bar depending on the blood pressure classification.
- If the unit has detected an irregular heartbeat, the irregular heartbeat detector 17 appears additionally. To stop the measurement, press **START/STOP** button 5. The cuff will deflate immediately after the button is pressed.
- The readings are automatically saved in the selected memory (1 or 2).
- After about 1 minute without further operation, the machine switches off automatically.

### Displaying stored results

This unit features 2 separate memories, each with a capacity of 120 memory slots. Results are automatically stored in the memory selected by the user. To call up the stored measured values, press the "+" button 7 to select user memory 1 (display: **no 1**) or 2 (**no 2**). Then press the **M**-button 6. The average values of the last 3 measurements 10 appear on the display. If you now press the **M**-button 6 again, the last measurement taken appears on the display. Press the **M**-button 6 again to scroll through the measured values. By pressing the **START/STOP** button 5 you can leave the memory recall mode at any time and at the same time the device switches to standby mode. If 120 measured values are stored in the memory and a new value is saved, the oldest value is deleted.

### Deleting stored values

Enter the memory recall mode as described above and press and hold the M-button 6 and the "+" button 7 at the same time. The memory of the relevant user memory is cleared ("CLA" appears).

### Troubleshooting

Display	Cause	Solution
No display	Batteries do not have enough voltage or are inserted incorrectly.	Insert 4 new AAA (LR03) batteries. Insert the batteries correctly according to the instructions.
<b>EE</b>	Incorrect installation may lead to blood pressure measurements which are falsely high or low.	Please apply the cuff properly according to the "Cuff Application Instructions". Measure it again in the correct way.
<b>E1</b>	Airflow anomaly. The air hose may not be connected correctly.	Check the connection of the air hose. Repeat the measurement.
<b>E2</b>	Inflation pressure over 300 mmHg.	Switch the device off and on again. Then repeat the measurement.
<b>E3</b>	It is impossible to determine the blood pressure value when the distance between the cuff and the arm is too large.	Wrap the cuff properly. Remeasure in correct way. Do not speak or move during the measurement.
	If there is too much movement or talking during measurement, or the cuff is not applied correctly, measurement values may be incorrect.	Wrap the cuff properly. Remeasure in correct way. Do not speak or move during the measurement.
	Cuff not correctly applied (e.g. too tight or too loose).	Wrap the cuff properly. Remeasure in correct way.
<b>EP</b>	Contact the customer service.	

### Cleaning and maintenance

Remove the batteries before cleaning the unit. Clean the unit and cuff using a soft cloth lightly moistened with water. 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.

### Disposal

This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Remove the batteries before disposing of the device/unit. The empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.

### Guidelines / Standards

This blood pressure monitor meets the requirements of the EU standard for noninvasive blood pressure monitors. It is certified in accordance with EC Guidelines and carries the CE symbol (conformity symbol) "CE 0197". The blood pressure monitor corresponds to European standards EN 60601-1, EN 60601-1-2, EN 81060-2 and EN 80601-2-30. The specifications of EU Guideline "93/42/EEC of the Council Directive dated 14 June 1993 concerning medical devices" are met. Please contact your supplier if you notice any transport damage on unpacking the unit. For any concerns regarding Electromagnetic Compatibility (EMC), please reach out to your local representative or contact the nearest authorized distributor.

### Technical specifications

Name and description:	<b>medisana</b> Upper arm blood pressure monitor <b>BU 330 voice</b>
Display system / Memory slots:	Digital display / 2 x 120
Measuring method:	Oscillometric (Inflation)
Power supply:	4 x 1.5V = AAA "LR03" alkaline battery
Rated cuff pressure:	0 - 300 mmHg
Measurement pressure:	40 - 280 mmHg
Pulse measuring range:	40 - 199 beats per minute
Maximum error tolerance for static pressure:	± 3 mmHg
Maximum error tolerance for pulse rate:	± 5 % of the value
Pressure generation:	Automatic with pump
Deflation:	Automatic
Shelf life (batteries):	3 years (Temperature 20 ± 2°C; rel. humidity 65 ± 20 %)
Battery life:	Approx. 250 measurements
Product life span:	Approx. 5 years with 4 times daily use
Operating conditions:	+5°C to +40°C, 15 to 93 % relative humidity, non-condensing, 700-1060 hPa atmospheric pressure
Storage / Transportation conditions:	-25°C to +70°C, relative humidity ≤ 93 %
Dimensions / Cuff:	Approx. 140 x 110 x 56.5 mm / 23 - 43 cm (9" - 17")
Weight (main unit):	Approx. 276 g ± 5 g without batteries
Item number:	48911
EAN number:	40155 88 48911 2

**In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.**

### Warranty and repair terms

Please contact your supplier or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is. The following warranty terms apply:

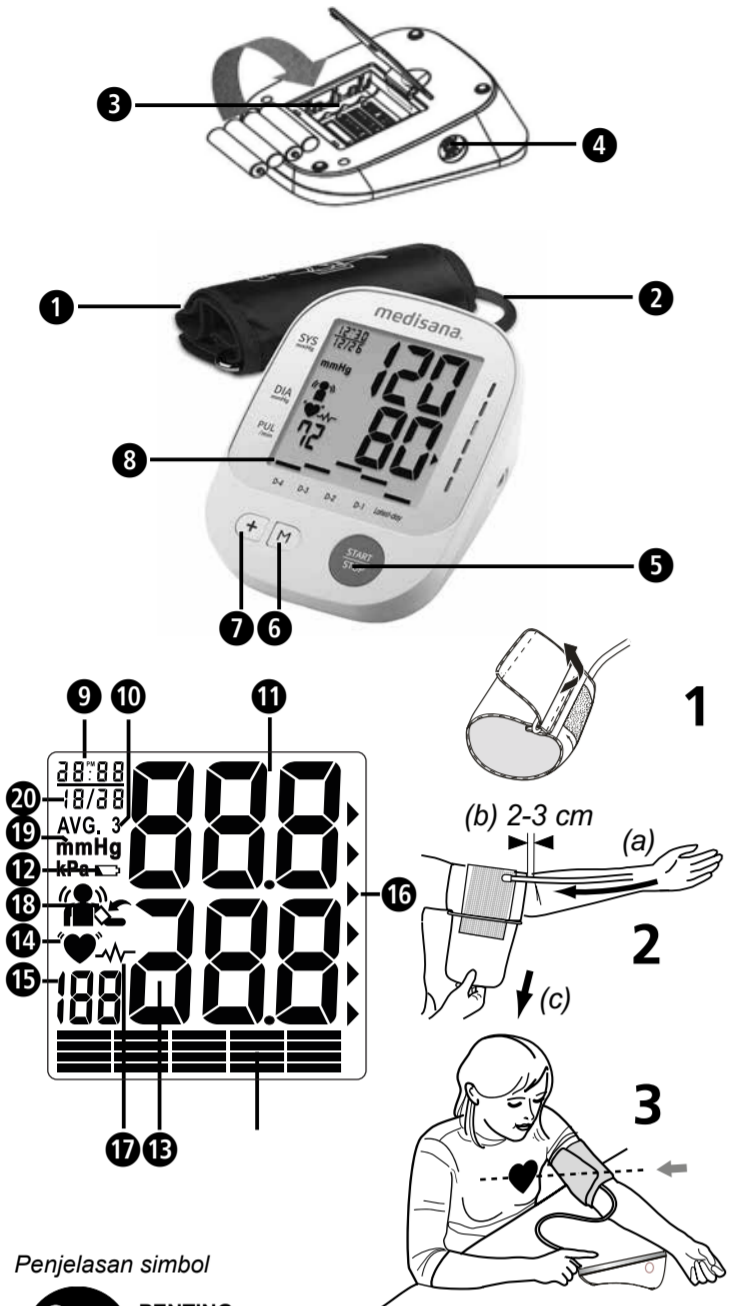
- The warranty period for **medisana** products is 3 years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
- Defects in material or workmanship will be removed free of charge within the warranty period.
- Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
- The following is excluded under the warranty:
  - All damage which has arisen due to improper treatment, e.g. nonobservance of the user instructions.
  - All damage which is due to repairs or tampering by the customer or unauthorised third parties.
  - Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
  - Accessories which are subject to normal wear and tear.
- Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

**Health & Life Co., Ltd.**  
9F, No. 186, Jian Yi Road, Zhonghe District,  
New Taipei City 23553, Taiwan

**Zuellig Pharma Sdn Bhd**  
No. 15 Persiaran Pasak Bumi, Seksyen U8,  
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Malaysia  
Tel: +603 5566 2288

**MS Manual arahan**  
**Monitor tekanan darah lengan atas**  
**BU 330 voice**

Unit dan paparan LC



**Penjelasan simbol**  
**PENTING**  
 Sila baca manual arahan dan ikuti arahan sebelum penggunaan. Tidak mematuhi arahan ini boleh menyebabkan kecederaan serius atau kerosakan kepada peranti.

**AMARAN**  
 Nota amaran ini mesti dipatuhi untuk mengelakkan sebarang kecederaan kepada pengguna.

**AWAS**  
 Nota-nota ini mesti dipatuhi bagi menghalang sebarang kerosakan pada peranti.

**NOTA**  
 Nota ini memberikan beberapa maklumat tambahan yang berguna kepada anda tentang pemasangan atau operasi produk ini.

**AMARAN:** Untuk mengelakkan hasil yang tidak tepat disebabkan gangguan elektromagnet, RF mudah alih, peranti komunikasi (termasuk persisian seperti kabel antena dan antena luaran) tidak boleh berada lebih rapat daripada 30 cm ke mana-mana bahagian instrumen. Prestasi peranti ini mungkin terjejas.

Pengelasan peranti: bahagian yang digunakan jenis BF  
 Julat suhu  
 Kadar perlindungan kemasan  
 Atmosfera julat tekanan

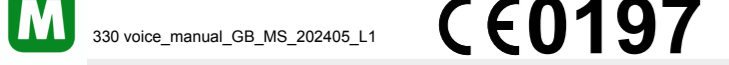
IP22  
 Radiasi elektromagnet tidak mengion

LOT Nombor LOT SN Nombor siri MD Peranti perubahan  
 Pengilang Tarikh pengilangan

Maklumat peranti:  
 • Peralatan dikuasakan secara dalaman  
 • Tidak sesuai untuk digunakan apabila terdapat campuran anestetik mudah terbakar dengan udara atau dengan oksigen atau nitrus oksida

**Kegunaan yang dimaksudkan**  
 • Monitor tekanan darah elektronik automatik sepenuhnya ini yang dibeli di kaunter bertujuan untuk mengukur tekanan darah sistolik dan diastolik, dan degupan jantung manusia dengan menggunakan teknik osilometri melalui kaf, yang perlu dipasang pada lengan atas. Semua nilai boleh dibaca pada satu panel LCD. Liitan kaf boleh guna ialah 23 hingga 43 cm. Peranti bertujuan untuk kegunaan dalaman orang dewasa di rumah sahaja.  
 • Peranti dapat mengesan degupan jantung tidak teratur dan menunjukkan keadaan ini dengan simbol.

**Kontraindikasi**  
 • Peranti tidak sesuai untuk digunakan pada wanita hamil dan pesakit yang memakai peranti elektronik yang diimplankan (cth. perentak jantung atau defibrilator).

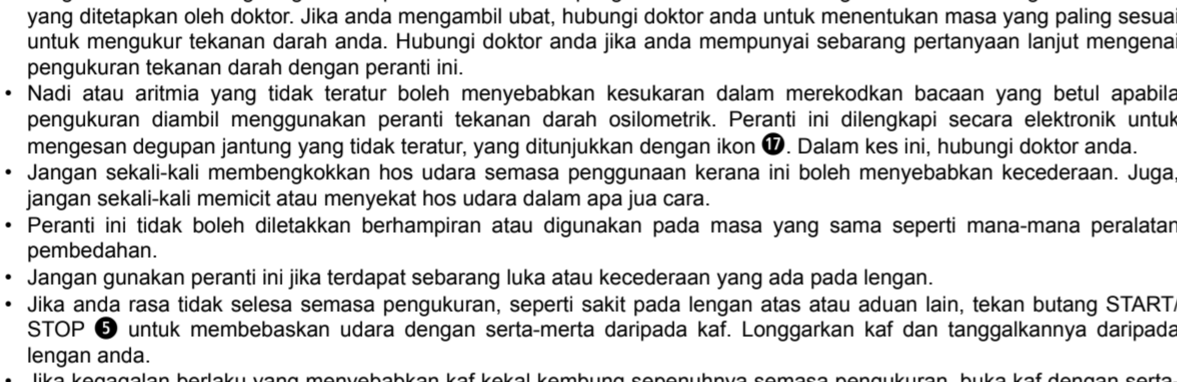


**MS Arahan keselamatan**  
**Baca manual arahan dengan teliti sebelum menggunakan peranti ini, terutamanya arahan keselamatan, dan simpan manual arahan ini untuk kegunaan pada masa hadapan. Sekiranya anda memberikan peranti ini kepada orang lain, penting bagi anda untuk menyerahkan juga arahan penggunaan ini.**



- Produk ini bertujuan hanya untuk kegunaan peribadi di rumah.
- Hanya gunakan unit untuk tujuan yang dimaksudkannya mengikut arahan penggunaan. Tuntutan waranti akan terbatal jika unit disalah guna.
- Pesakit ialah operasi yang dimaksudkan. Pesakit boleh mengukur data dan menukar bateri di bawah keadaan normal serta menyelenggarakan peranti dan aksesori yang mengikut manual pengguna. Bahagian yang digunakan ialah kaf.
- Monitor tekanan darah ini bertujuan untuk digunakan oleh orang dewasa berumur 18 tahun ke atas. Peranti tidak sesuai untuk mengukur tekanan darah kanak-kanak atau bayi.
- Sila pastikan bahawa unit dijauhkan daripada jangkauan kanak-kanak dan haiwan peliharaan. Lemas boleh berlaku jika tertelan bahagian kecil seperti beg bungkusan, bateri, penutup bateri dan sebagainya.
- Peranti mempunyai komponen yang sensitif. Berhati-hati dan pastikan bahawa keadaan operasi dan penyimpanan dipenuhi.
- Tunggu sekurang-kurangnya 30 minit selepas mengambil bahan yang mengandungi kafeina atau menggunakan tembakau sebelum mengambil ukuran.

- Sebelum mengambil ukuran, rehat selama 5-10 minit dan jangan makan, minum alkohol, merokok, jangan lakukan sebarang kerja fizikal, jangan bersenam atau mandi. Semua faktor ini boleh mempengaruhi hasil ukuran.
- Pengukuran yang berulang menyebabkan kongesi darah, yang boleh menyebabkan hasil palsu dan/atau rasa tidak menyenangkan (cth. rasa kebas pada lengan). Pengukuran tekanan darah yang berjaya haruslah diambil dengan berehat 3 minit. Jika gejala tidak reda dalam masa beberapa minit, hubungi doktor anda.
- Sentiasa mengukur pada lengan atas yang sama (biasanya kiri). Bagi mereka yang telah melakukan mastektomi atau pembersihan nodus limfa, disyorkan agar mengambil ukur pada bahagian yang tidak terjejas.
- Ukur tekanan darah dalam keadaan tetap, pada masa yang sama setiap hari, kerana tekanan darah berubah sepanjang hari.
- Pastikan berasa dalam kedudukan yang selesa dan santai, dan jangan biarkan mana-mana otot lengan yang diukur tertekan sepanjang pengukuran. Jika perlu, gunakan kusyen sokongan.
- Bertenang sepanjang pengukuran: jangan bergerak atau bercakap, jika tidak hasil ukuran mungkin berubah.
- Suhu, kelembapan atau julat yang melampau boleh menjejaskan prestasi unit.
- Kaf yang terlalu longgar atau ketat boleh menyebabkan pengukuran yang tidak betul.
- Jangan ambil ukuran, jika sebarang peralatan lain digunakan pada anggota badan yang sama untuk pemantauan. Ini boleh menyebabkan gangguan atau kegagalan. Peranti ini tidak sesuai semasa suntikan intravena kepada anggota badan atau semasa rawatan dialisis.
- Peranti tidak sesuai untuk digunakan pada wanita hamil, pesakit yang memakai peranti elektronik yang diimplankan (cth. perentak jantung atau defibrilator), pesakit yang mempunyai pra-eklampsia, degupan ventrikular prematung, fibrilasi atrial, periferi, penakit arteri dan pesakit yang sedang menjalani terapi intravaskular atau pira arterio-vena atau orang yang menerima mastektomi. Sila hubungi doktor anda sebelum menggunakan unit jika anda menderita akibat sakit.
- Jika anda menderita akibat masalah peredaran, arteriosklerosis, diabetes, penyakit hati, penyakit buah pinggang, hipertensi yang teruk atau masalah peredaran periferi, hubungi doktor anda sebelum menggunakan peranti.
- Peranti ini bertujuan untuk pengukuran tidak invasif dan pemantauan tekanan darah arteri pada lengan atas. Ia bukan bertujuan untuk kegunaan pada anggota badan selain lengan atas atau untuk fungsi selain mendapatkan pengukuran tekanan darah.
- Jangan ambil sebarang langkah terapeutik berdasarkan pengukuran itu sendiri. Jangan sekali-kali mengubah dos ubat yang ditetapkan oleh doktor. Jika anda mengambil ubat, hubungi doktor anda untuk menentukan masa yang paling sesuai untuk mengukur tekanan darah anda. Hubungi doktor anda jika anda mempunyai sebarang pertanyaan lanjut mengenai pengukuran tekanan darah dengan peranti ini.
- Nadi atau aritmia yang tidak teratur boleh menyebabkan kesukaran dalam merekodkan bacaan yang betul apabila pengukuran diambil menggunakan peranti tekanan darah osilometri. Peranti ini dilengkapi secara elektronik untuk mengesan degupan jantung yang tidak teratur, yang ditunjukkan dengan ikon **17**. Dalam kes ini, hubungi doktor anda.
- Jangan sekali-kali membengkokkan hos udara semasa penggunaan kerana ini boleh menyebabkan kecederaan. Juga, jangan sekali-kali memicit atau menyekat hos udara dalam apa jua cara.
- Peranti ini tidak boleh diletakkan berhampiran atau digunakan pada masa yang sama seperti mana-mana peralatan pembedahan.
- Jangan gunakan peranti ini jika terdapat sebarang luka atau kecederaan yang ada pada lengan.
- Jika anda rasa tidak selesa semasa pengukuran, seperti sakit pada lengan atas atau aduan lain, tekan butang START/STOP **5** untuk membebaskan udara dengan serta-merta daripada kaf. Longgarkan kaf dan tanggalkannya daripada lengan anda.
- Jika kegagalan berlaku yang menyebabkan kaf kekal kembung sepenuhnya semasa pengukuran, buka kaf dengan serta-merta. Tekanan tinggi berpanjangan yang dikenakan pada lengan boleh menyebabkan lebam.
- Sebelum penggunaan, pastikan peranti berfungsi dengan selamat dan berada dalam keadaan bekerja yang betul. Jangan servis atau selenggara ketika peranti sedang digunakan.
- Periksa peranti untuk mengesan kerosakan. Penggunaan peranti yang rosak boleh menyebabkan kecederaan, bacaan yang tidak betul atau bahaya yang serius.
- Unit tidak boleh dioperasi di sekitar perkakasan yang mengeluarkan radiasi elektrik yang kuat seperti pemancar radio atau telefon mudah alih. Ini boleh menjejaskan fungsinya yang betul (lihat "keserasian elektromagnet").
- Peranti dan komponennya sesuai untuk kegunaan dengan perakitiran pesakit. Jika anda alah kepada poliester, nilon atau plastik, jangan gunakan peranti ini.
- Jangan sentuh keluaran bateri dan pesakit secara serentak.
- Jangan cuba membaiki unit sendiri sekiranya berlaku pincang tugas. Pembaikan hendaklah hanya dilakukan oleh pusat servis yang dibenarkan.
- Gunakan hanya bahagian tambahan atau alat ganti daripada pengilang. Bahagian lain boleh merosakkan peranti atau boleh menyebabkan kecederaan diri.
- Sila laporkan kepada **medisana** jika sebarang operasi atau kejadian yang tidak dijangkakan berlaku.
- Gunakan peranti hanya di bawah keadaan yang disebutkan dalam butiran teknikal. Jika tidak, jangka hayat dan prestasi peranti boleh terjejas.
- Jika anda mempunyai sebarang penyakit kulit yang berjangkit atau peranti digunakan oleh pengguna yang mempunyai penyakit kulit yang berjangkit, jangan terus menggunakan peranti tersebut. Sebelum menggunakan peranti, pengguna harus memeriksa keadaan kaf. Jika anda berasa darah atau kotoran lain pada kaf, jangan gunakan peranti ini. Jika terdapat satu daripada situasi di atas, sila lupuskan peranti tanpa digunakan semula.
- Lindungi perkakas daripada pukulan yang kuat dan jangan jatuhkannya.
- Jika unit tidak akan digunakan untuk tempoh yang lama, keluarkan bateri.
- Ketepatan: Sekiranya peranti perlu diperiksa untuk penentuan, sila hubungi pusat servis.



- Maklumat keselamatan bateri:  
 • Ikon bateri pada paparan menunjukkan kuasa rendah atau arah bateri yang tidak betul. Kami mengesyorkan anda agar menggantikan bateri dengan yang baharu dan memastikan hujung +/- bateri diletakkan dengan betul.
- Untuk memanjangkan hayat bateri dan mengelakkan kerosakan disebabkan kebocoran, tanggalkan bateri daripada peranti jika tidak digunakan untuk masa yang lama.
- Jika berlaku kebocoran bateri, jangan biarkan asid bateri menyentuh kulit, mata atau membran mukus anda! Jika asid bateri menyentuh mana-mana bahagian ini, bila kawasan yang terjejas dengan amuan air tawar dengan kadar yang banyak dan dapatkan rawatan perubatan dengan segera!
- Jika tertelan bateri, dapatkan rawatan perubatan dengan segera!
- Gantikan semua bateri pada masa yang sama! Hanya gantikan bateri dengan bateri dari jenis yang sama, dan jangan sekali-kali menggunakan jenis bateri yang berbeza bersama-sama atau bateri terpakai dengan bateri baharu.
- Sisipkan bateri dengan betul, sambil mematuhi petunjuk!
- Jauhkan bateri daripada jangkauan kana-kanak!
- Jangan cuba mengecap bateri, jangan lakukan litar pintas dan jangan lempar ke dalam api! **Terdapat bahaya letupan!**
- Jangan lempar bateri terpakai ke dalam sampah rumah; masukkan ke dalam bekas sisa berbahaya atau bawa ke pusat pengumpulan bateri, di kedai tempat ia dibeli!

- Unit dan Paparan LC**
- 1 Kaf
  - 2 Hos udara
  - 3 Petak bateri (di bahagian belakang)
  - 4 Penyambung untuk hos
  - 5 Butang "+"
  - 6 Butang-M
  - 7 Butang "17"
  - 8 5 Lajur 5 hari Urus Fungsi
  - 9 Purata 3 ukuran terakhir
  - 10 Tekanan sistolik
  - 11 Tekanan diastolik
  - 12 Simbol nadi
  - 13 Penunjuk Tekanan Darah (hijau - kuning - jingga - merah)
  - 14 Pergerakan dikesan / kaf digunakan secara tidak betul
  - 15 Tarikh (Bulan : Hari)
  - 16 Butang-M
  - 17 Masa (Jam : Minut)
  - 18 Simbol bateri rendah
  - 19 Kekerapan nadi
  - 20 Degupan jantung tidak teratur
  - 21 Unit pengukuran

- Skop bekalan**  
 Sila semak terlebih dahulu bahawa semua peranti lengkap dan tidak rosak dalam apa jua cara. Sekiranya ragu-ragu, jangan gunakannya dan hubungi penjual anda atau pusat servis anda.  
 Bahagian yang berikut disertakan:  
 • 1 monitor tekanan darah **medisana BU 330 voice**  
 • 1 kaf dengan tiub udara  
 • 4 bateri (jenis AAA, LR03) 1.5V  
 • 1 kantung penyimpanan  
 • 1 manual arahan

Sila hubungi pembekal anda jika anda perasan sebarang kerosakan pengangkutan ketika mengeluarkan unit daripada bungkusan.

**AMARAN - Sila pastikan bahawa bungkusan politena jauh daripada jangkauan kanak-kanak kerana wujud risiko lemas!**

**Bagaimana tekanan darah diukur?**  
 Produk ini ialah monitor tekanan darah yang digunakan untuk mengukur tekanan darah di lengan atas. Peranti ini boleh mengukur tekanan darah secara serentak dengan pengembangan kaf melalui mikropemproses, yang membolehkan pengukuran yang lebih pantas berbanding kaedah konvensional.

**Pengelasan tekanan darah**

sistolik mmHg	diastolik mmHg	Kecemasan Hipertensi Peringkat 3	Penunjuk tekanan darah <b>16</b>
≥ 180	≥ 110	Kecemasan Hipertensi Peringkat 3	merah
160 - 179	100 - 109	Hipertensi sederhana Peringkat 2	jingga
140 - 159	90 - 99	Hipertensi Ringan Peringkat 1	kuning
130 - 139	85 - 89	tekanan darah normal-tinggi	hijau
120 - 129	80 - 84	tekanan darah normal	hijau
< 120	< 80	tekanan darah optimum	hijau

**AMARAN - Tekanan darah yang terlalu rendah menggambarkan risiko kesihatan yang sama besarnya dengan tekanan darah yang terlalu tinggi! Serangan pening yang tiba-tiba boleh menyebabkan peningkatan situasi yang berbahaya (cth. di atas tangga atau di lalu-lintas)!**

- Mempengaruhi dan menilai bacaan**
- Ukur tekanan darah dalam beberapa kali, kemudian rekod dan bandingkan hasil. Jangan buat sebarang kesimpulan daripada satu bacaan.
  - Bacaan tekanan darah anda harus sentiasa dinilai oleh doktor yang juga sudah biasa dengan sejarah perubahan peribadi anda. Apabila menggunakan unit secara kerap dan merekodkan nilai untuk doktor anda, anda harus mengunjungi doktor dari masa ke masa agar dia mengetahui perkembangan terkini.
  - Ketika mengambil bacaan, ingat bahawa nilai harian dipengaruhi oleh beberapa faktor. Merokok, pengambilan alkohol, dadah dan penggunaan fizikal mempengaruhi nilai yang diukur dalam pelbagai cara.
  - Ukur tekanan darah anda sebelum makan.
  - Sebelum mengambil bacaan, biarkan diri anda berehat sekurang-kurangnya lima minit.
  - Jika bacaan sistolik dan diastolik nampak luar biasa (terlalu tinggi atau terlalu rendah) dalam beberapa keadaan, meskipun unit digunakan dengan betul, sila beritahu doktor anda. Jika juga terpakai kepada keadaan yang jarang berlaku apabila nadi yang tidak teratur atau sangat lemah mencegah anda daripada mengambil bacaan.

**Urus Fungsi 5-hari**  
 Terdapat 5 lajur di bahagian bawa LCD, setiap lajur mewakili tahap untuk setiap hari. Lajur paling kanan ialah rekod ukuran pada hari terkini dan lajur paling kiri ialah rekod 4 hari yang lalu sebelum hari terkini. Setiap lajur menggambarkan tekanan darah yang relatif antara 5 hari. Paparan kesemua 5 lajur boleh menunjukkan varians trend dalam 5 hari. Paparan fungsi akan kelihatan apabila monitor tekanan darah dalam mod tunggu sedia dan ia akan dikemas kini apabila terdapat ukuran baharu yang dilengkapkan.

**Memulakan - Menyisipkan/menukar bateri**  
 Anda mesti menyisipkan bateri yang disediakan sebelum anda boleh menggunakan unit anda. Penutup petak bateri terletak di bahagian bawah unit. Buka penutup itu, tanggalkan dan sisipkan 4 x bateri 1.5V, jenis AAA / LR03 yang dibekalkan. Pastikan keketuban yang betul apabila menyisipkan (seperti yang ditandakan di dalam petak bateri). Tutup petak bateri. Gantikan bateri jika simbol tukar bateri **18** kelihatan pada paparan atau jika tiada apa-apa yang kelihatan pada paparan selepas unit dihidupkan. (Jangan campurkan bateri lama dan baharu)

**Tetapan - Pilihan Tetapan tarikh, jam dan keluaran suara**  
 Tekan butang "+" **7** selama 3 saat untuk menetapkan tetapan tarikh, masa dan keluaran suara. Pertama, tahun berkelip, yang boleh anda laraskan dengan Butang-M **6**. Kemudian tekan butang "+" **7** sekali lagi untuk mengesahkan entri dan untuk beralih ke pilihan tetapan seterusnya. Teruskan dengan cara yang sama untuk bulan, hari, jam dan minit. Selepas menetapkan tahun, tarikh dan masa, tekan butang "+" **7** untuk menyimpan tetapan dan masuk ke dalam pilihan keluaran suara. Kemudian tekan butang-M **6** untuk memilih daripada pilihan yang berikut: "L1" = bahasa Inggeris; "L2" = bahasa Cina; "OFF" = Keluaran suara dinyahaktifkan. Tekan butang "+" **7** untuk menyimpan tetapan dan kemudian bertukar semula kepada mod tunggu sedia awal.

- Memasang kaf**
1. Sambungkan hos udara kepada penyambung **4** di sebelah kiri peranti.
  2. Luncurkan hujung terbuka kad melalui pendakap logam sehingga pengikat Velcro berada di bahagian luar dan ia menjadi bentuk silinder (Rajah 1). Luncurkan kaf sehingga ke lengan atas anda.
  3. Letakkan hos udara di tengah-tengah lengan anda selaras dengan jari tengah anda (Rajah 2) (a). Pinggir bawah kaf hendaklah 2 - 3 cm di atas kedutan siku. (b). Tarik kaf hingga ketat dan tutupkan pengikat Velcro (c).
  4. Ketatkan hujung kaf supaya ia membalut keliling lengan anda dengan sekata, biarkan ruang untuk 2 jari antara kaf dan lengan anda.
  5. Ukur tekanan darah pada lengan anda yang terdedah.
  6. Hanya letakkan kad pada lengan kanan jika ia tidak boleh digunakan pada lengan kir. Sentiasa melakukan pengukuran pada lengan yang sama.
  7. Bet