

labtron®

A Graham-Field Brand

Self Taking
Blood Pressure Kit
with Attached Stethoscope

Model 242

Latex Free



Table of Contents

Introduction.....	2, 3
Safety Guidelines - Please Read Before Use.....	3
About Blood Pressure.....	4, 5
Assembling the Unit.....	5
Helpful Tips.....	6
Correct Measuring Posture.....	7
Applying the Cuff	8
Measurement Procedures	9, 10
Care And Maintenance	10
Limited Warranty	11

Introduction

Congratulations on your purchase of the new Labtron Model 242. This aneroid sphygmomanometer is both easy-to-use and ideally suited for daily measurements. The systolic blood pressure reading and diastolic blood pressure reading are clearly shown at the completion of each reading.

Blood pressure measurements determined with your 242 are equivalent to those obtained by a trained observer using cuff/stethoscope auscultation method, within the limits prescribed by the Association for the Advancement of Medical Instrumentation (AAMI) SP 9 requirements.

Please read this manual carefully before use. For specific information on your own blood pressure, contact your physician. Please be sure to keep this manual.

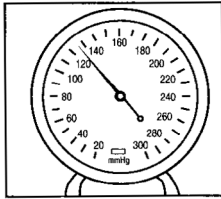
Introduction

Intended Use: The Labtron Aneroid Blood Pressure Monitor is intended to measure arterial blood pressure. This device is intended for use by adults, and not for use by children except under the supervision of an adult. This device is not intended to replace regular medical examinations. Review your procedure for using this monitor with your physician, who is the only person qualified to interpret blood pressure monitor results.

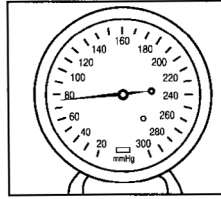
Safety Guidelines - Please Read Before Use

- ⚠ Important! Read and understand these instructions before using the Labtron Blood Pressure Kit. If you do not understand any part of these instructions, contact your medical professional or GF dealer for direction in the use of this product.**
- ⚠ If components are damaged or missing, contact your GF dealer immediately. DO NOT use substitute parts.**
- ⚠ GF Health Products, Inc. assumes no responsibility for any damage or injury caused by improper assembly or use of this product.**

About Blood Pressure



SYSTOLIC READING



DIASTOLIC READING

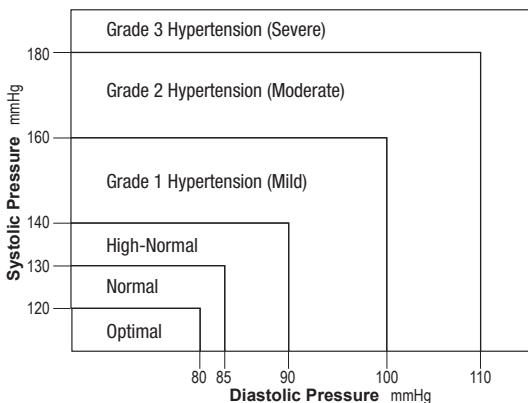
What is Blood Pressure? Blood pressure is the pressure exerted on the artery tube while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest) blood pressure. The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

Why Measure Your Blood Pressure? Among the various health problems afflicting people today, problems associated with high blood pressure are by far the most common. High blood pressure's dangerously strong correlation with cardiovascular disease has made measuring blood pressure a necessity for identifying those at risk.

Blood Pressure Standard: The World Health Organization (WHO) and National High Blood Pressure Education Program Coordinating Committee have developed a blood pressure standard, according to which areas of low- and high-risk blood pressure are identified. This standard, however, is a general guideline, and blood pressures vary between different people, age groups, etc.

It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.

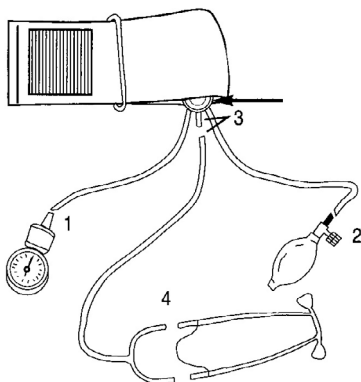
About Blood Pressure



Assembling the Unit

Lay out the parts as pictured below. The cuff should already be folded. If the cuff is not pre-folded, lay the cuff flat in front of you and fold the cuff so that the hook and pile material faces the outside of the cuff loop.

1. Attach the gauge to the tubing on the left.
2. Attach the inflation bulb to the tubing on the right.
3. Attach the single end of the Y-tubing to the stethoscope chestpiece.
4. Attach the double end of the Y-tubing to the binaural.



Helpful Tips

BEFORE

1. READ this instruction manual carefully.
2. MEASURE your blood pressure at the same time each day.
3. RELAX for at least 5 minutes before taking a measurement.
4. REMOVE tight fitting clothing from your left upper arm.
5. DO NOT eat, smoke or exercise for at least 30 minutes before taking a measurement.
6. DO NOT talk or move during a measurement.
7. DO NOT take a measurement when you feel stressed.

DURING

1. APPLY CUFF at the heart level.
2. INFLATE unit to proper level.
3. DEFLATE unit at 2-3 mmHg per second.
4. RECORD your measurements.
5. SMILE. You're helping your doctor and yourself.

AFTER

1. WAIT 5 to 10 minutes before taking another measurement.
2. CONSULT your doctor.

Correct Measuring Posture

- A. Place your elbow on a table so that the cuff is at the same level as your heart.

Note: The level of your heart is slightly below your armpit.

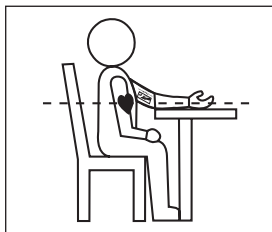


Fig. A

Relax your entire body, especially the area between your elbow and fingers.

- B. If the cuff is not at the same level as your heart or if you can not keep your arm completely still throughout the reading, use a soft object such as a folded towel to support your arm.

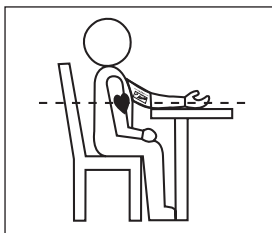


Fig. B

- C. Turn your palm upward.

- D. Sit upright in a chair, and take 5-6 deep breaths.

Note: Avoid leaning back or crossing your legs while the measurement is being taken.

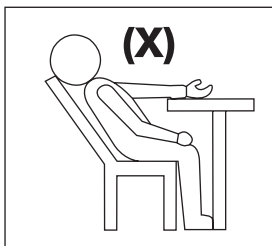
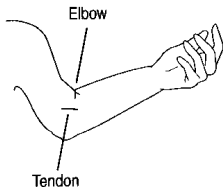


Fig. C

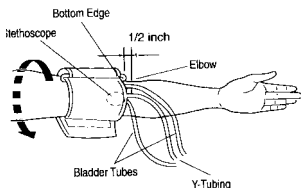
Applying the Cuff

To apply the cuff

1. Press two fingers one inch above the bend of the elbow on the inside of the arm. You may feel the pulse of the brachial artery. Even if you do not feel the pulse, the stethoscope will allow you to hear the pulse sounds.



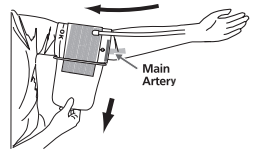
2. Slip cuff up your arm. Place the bottom edge of the cuff approximately one-half inch above the elbow. Adjust the cuff so that the stethoscope chestpiece sits on the inside of the arm over the brachial artery.



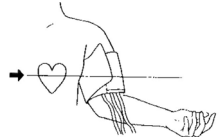
3. Remove any clothing that restricts your upper left arm. Wrap the cuff around your upper left arm. The rubber tubes should point in the direction of your hand. Position the artery mark over the main artery (on the inside of your arm) in the upper arm.

Measurement Procedures

1. To fasten the cuff, press the hook material firmly against the fuzzy pile material. Make sure the stethoscope chestpiece sits over the brachial artery. If necessary, readjust the cuff.



2. Place your arm on a table so that the cuff is at the same level as your heart.

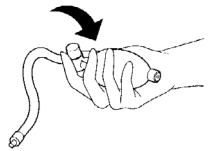


CAUTION: Before you put the stethoscope binaural in your ears, make sure the eartips are securely fastened to the binaural.

3. Insert eartips into your ears. Adjust the metal binaural for comfort.
4. Clip the gauge to a hard cover book on the table in front of you. Hold the inflation bulb in your right hand. Close the air release valve attached to the inflation bulb by turning it clockwise.



5. To inflate the cuff, slowly and steadily pump the inflation bulb.



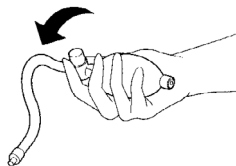
Caution: Do not inflate the cuff above 280 mmHg. You may damage the instrument or injure yourself. If you are unsure, consult your doctor for the correct inflation level.

Note: If you KNOW your SYSTOLIC reading, pump the inflation bulb until the gauge reaches approximately 50 mmHg ABOVE your average SYSTOLIC reading. If you DO NOT KNOW your SYSTOLIC reading, pump the inflation bulb until the gauge needle reaches 180 mmHg.

6. Slowly open the air release valve by turning it counter-clockwise. Release the air at a rate of 2-3 mmHg per second.

Measurement Procedures

7. As the cuff deflates, listen carefully with the stethoscope for your pulse beat. The first sound represents the Systolic reading and the last sound represents your Diastolic reading.



NOTE: If you make a mistake do not reinflate the cuff. Release all the air. Wait 1 minute. Start again. Waiting allows the engorged blood vessels to return to normal. If you want to take successive readings, wait 5-10 minutes. Waiting allows the engorged blood vessels to return to normal. You may require more rest time between measurements depending on your health.

Care And Maintenance

To protect your unit from damage, please **AVOID** washing or moistening the cuff dropping the gauge.

When the cuff is fully deflated, the gauge needle stays within the zero box. If the needle points outside of the zero box, the gauge gives inaccurate readings.

Your new blood pressure unit has been carefully checked to assure reliability and accuracy prior to shipment and use. However, as with any sensitive instrument subjected to repeated use, we recommend that your blood pressure gauge be checked yearly by a medical professional for proper calibration.

Limited Warranty

GF Health Products, Inc. guarantees this product from the date of purchase for the following terms:

freedom from defects in material and workmanship: one year
calibration: ten years

except as noted below:

This product warranty does not cover damage caused by misuse or abuse, the attachment of any unauthorized accessory, alteration to the product, or any other conditions whatsoever that are beyond the control of GF Health Products, Inc. GF Health Products, Inc. shall not be responsible for any type of incidental, consequential, or special damage. All implied warranties, including, but not limited to those implied warranties of fitness and merchantability, are limited to the total duration of one year from the original date of purchase.

Warranty does not include any labor charges incurred in replacement part(s) installation or any associated freight or shipping charges to GF Health Products, Inc.

Graham-Field® and Labtron® are registered trademarks of GF Health Products, Inc.

Packaging, warranties, products, and specifications are subject to change without notice. GF Health Products, Inc. is not responsible for typographical errors.

GF Health Products, Inc.
2935 Northeast Parkway
Atlanta, Georgia 30360
telephone: 800-347-5678, 770-447-1609
fax: 800-726-0601, 678-291-3232



GRAHAM-FIELD.

© August 2009 GF Health Products, Inc.
Made and Printed in China
www.grahamfield.com