



**MODEL 242 AND MODEL 100-021  
SELF-TAKING BLOOD PRESSURE KIT  
WITH ATTACHED STETHOSCOPE  
USER MANUAL**

**SAVE THIS MANUAL FOR FUTURE USE.**

# Introduction

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Congratulations on your purchase of the new Graham-Field 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.

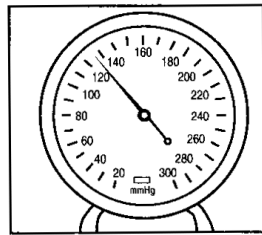
**Intended Use:** The Graham-Field Aneroid Blood Pressure Monitor is intended to measure arterial blood pressure. This device is intended for use by adults, and not for use by children except under the supervision of an adult. This device is not intended to replace regular medical examinations. Review 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

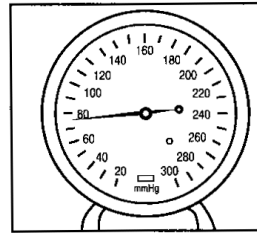
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- ⚠ **IMPORTANT! Read and understand these instructions before using the Graham-Field Blood Pressure Kit. If you do not understand any part of these instructions, contact your medical professional or GF Health Products, Inc. ("GF") dealer for direction 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



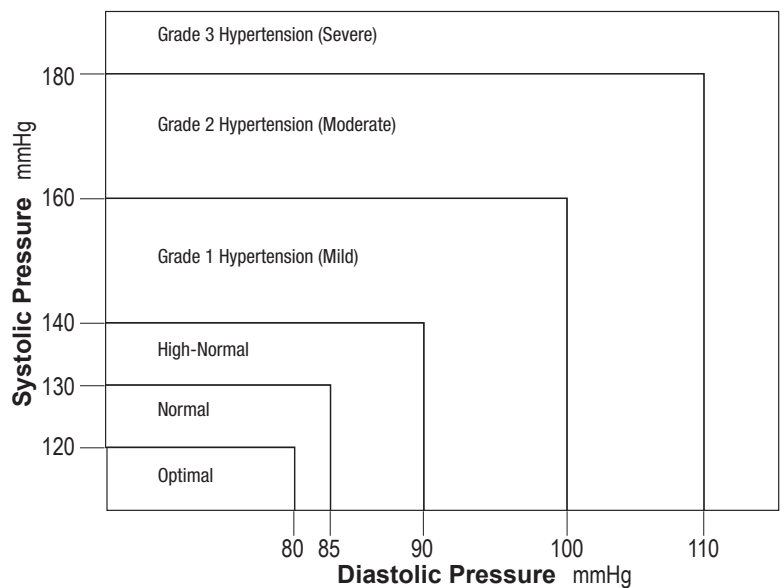
DIASTOLIC READING

**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.

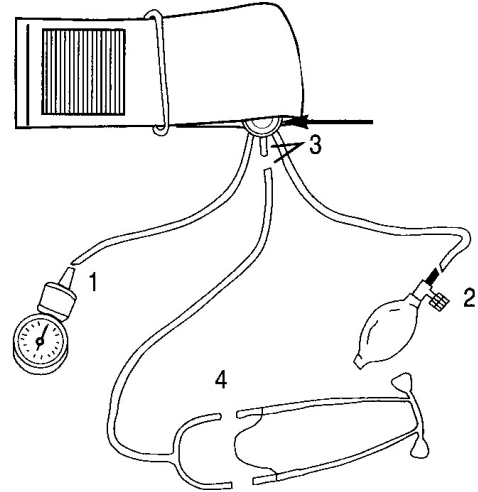
It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.



# 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 chest piece.
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.**

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

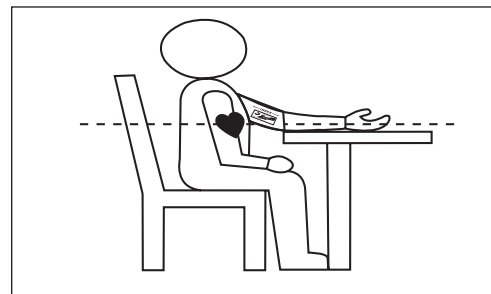


Fig. A

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.

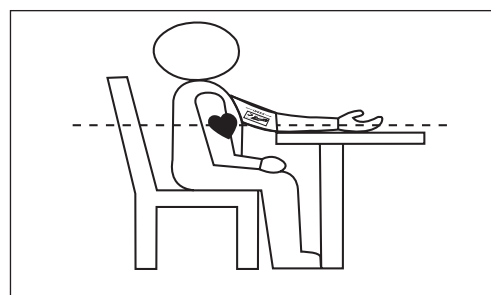


Fig. B

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.**

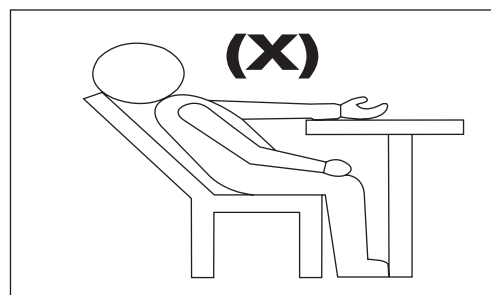
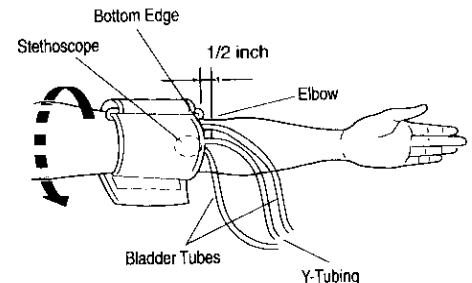
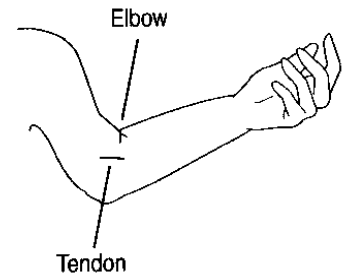


Fig. C

# Applying the Cuff

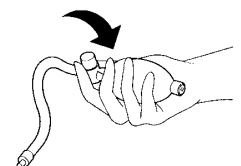
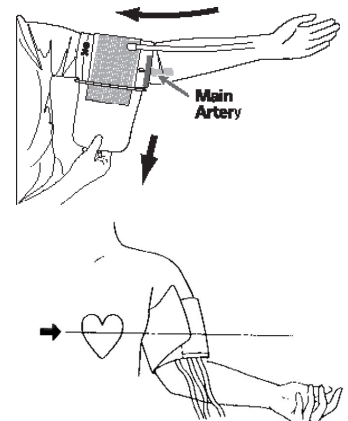
## To apply the cuff

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 chest piece 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.



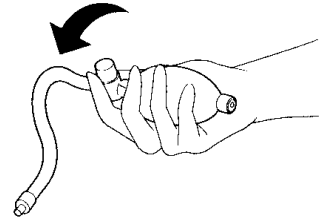
## Measurement Procedures

1. To fasten the cuff, press the hook material firmly against the fuzzy pile material. Make sure the stethoscope chest piece 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 ear tips are securely fastened to the binaural.
3. Insert ear tips 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

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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 SCOPE OF WARRANTY

GF Health Products, Inc. ("GF") warrants to the Original Purchaser only that it will replace or repair components, at GF's sole discretion, that are defective in material or workmanship under normal use and service. All warranties are conditioned upon the proper use of the products strictly in accordance with good commercial practice and applicable GF instructions and manuals, including proper use and maintenance. To the extent that a third party warrants a component, GF conveys all of its rights under that warranty to the Original Purchaser, to the extent permitted. Original Purchaser is one who purchases this product new and unused from GF or a Certified GF Dealer/Distributor.

This limited warranty shall only apply to defects that are reported in accordance with the provisions set forth in this warranty document, within the applicable warranty period and which, upon examination by GF or its authorized representative, prove to be a warranty item. (See Obtaining Warranty Service below) This limited warranty is not transferable.

The warranted components and time periods are set forth below:

Freedom from defects in material and workmanship: 1 (one) year

Calibration: 10 (ten) years

\* Labor is not included in the warranty.

‡ The warranty period is as designated above. If a part is replaced under warranty, the original warranty period will not be affected. All other replacement parts will be subject to the warranty period specified.

The applicable warranty period shall commence from date of shipment to the Original Purchaser, unless there is an expiration date on the component in which case the warranty shall expire on the earlier of warranty period or the expiration date.

### OBTAINING WARRANTY SERVICE

Contact the Dealer/Distributor from whom the product was purchased. If there is not a Dealer/Distributor, you must contact GF directly by calling (770) 368-4700, or by e-mailing a request to [cs@grahamfield.com](mailto:cs@grahamfield.com). The Customer Service Representative will provide specific directions. Failure to abide by the specific directions will result in denial of the warranty claim.

The warranty does not cover and GF shall not be liable for the following:

- 1) Defects, damage, or other conditions caused, in whole or in part, by misuse, abuse, negligence, alteration, accident, freight damage, tampering or failure to seek and obtain repair or replacement in a timely manner;
- 2) Products which are not installed, used, or properly cleaned and maintained as required in the official manual for the applicable product;
- 3) Products considered to be of a non-durable nature including, but not limited to: filters, fuses, gaskets, lubricants, and charts;
- 4) Accessories or parts not provided by GF;
- 5) Matching of color, grain or texture except to commercially acceptable standards;
- 6) Changes in color caused by natural or artificial light;
- 7) Charges by anyone for adjustments, repairs, replacement parts, installation or other work performed upon or in connection with such products which are not expressly authorized in writing, in advance, by GF;
- 8) Any labor or shipping charges incurred in the replacement part installation or repair;
- 9) Costs and expenses of regular maintenance and cleaning; and
- 10) Representations and warranties made by any person or entity other than GF.

### ENTIRE WARRANTY, EXCLUSIVE REMEDY AND CONSEQUENTIAL DAMAGES DISCLAIMER

TO THE GREATEST EXTENT PERMITTED BY LAW, THIS WARRANTY IS GF'S ONLY WARRANTY AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED. EXCEPT IN CASES WHERE IMPLIED WARRANTIES MAY NOT BE VALIDLY WAIVED, GF MAKES NO IMPLIED WARRANTIES OF ANY KIND INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. IF ANY MODEL OR SAMPLE WAS SHOWN TO THE CUSTOMER, SUCH MODEL OR SAMPLE WAS USED MERELY TO ILLUSTRATE THE GENERAL TYPE AND QUALITY OF THE PRODUCT AND NOT TO REPRESENT THAT THE PRODUCT WOULD NECESSARILY CONFORM TO THE MODEL OR SAMPLE IN ALL RESPECTS. THIS WARRANTY IS LIMITED TO THE REPAIR OR REPLACEMENT OF THE DEFECTIVE PARTS. GF SHALL NOT BE LIABLE FOR AND HEREBY DISCLAIMS ANY DIRECT, SPECIAL, INDIRECT, INCIDENTAL, EXEMPLARY OR CONSEQUENTIAL DAMAGES, INCLUDING, BUT NOT LIMITED TO: DAMAGES FOR LOSS OF PROFITS OR INCOME, LOSS OF USE, DOWNTIME, COVER, OR EMPLOYEE OR INDEPENDENT CONTRACTOR WAGES, PAYMENTS AND BENEFITS. CERTAIN STATES AND COUNTRIES MAY CONFER ADDITIONAL RIGHTS REGARDING WARRANTIES AND IN THOSE INSTANCES, GF'S LIABILITY AND THE LIABILITY OF GF'S SUPPLIERS, SHALL BE LIMITED TO THE FULLEST EXTENT PERMITTED BY LAW.

The warranties contained herein, together with GF's current Terms and Conditions, contain all the representations and warranties with respect to the subject matter of this document, and supersede all prior negotiations, agreements and understandings with respect thereto. The recipient of this document hereby acknowledges and represents that it has not relied on any representation, assertion, guarantee, warranty, collateral contract or other assurance, except those set out in this document.

For additional information on this product or this warranty, please contact a GF Customer Service Representative.

### NOTES:

- 1) Additional terms and conditions may apply. See GF's General Terms and Conditions on its website: [www.grahamfield.com](http://www.grahamfield.com).
- 2) Freight claims must be notated on the appropriate shipping documents and must be made with immediacy. International, federal and state regulations govern specific requirements for freight claims. Failure to abide by those regulations may result in a denial of the freight claim. GF will assist you in filing the freight claim.
- 3) Claims for any short shipment must be made within three (3) days of the invoice date.

Manufactured For:

GF Health Products, Inc.  
One Graham-Field Way, Atlanta, GA 30340  
Made in China

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