



GIMA

PROFESSIONAL MEDICAL PRODUCTS

SFIGMOMANOMETRO ANEROIDE
ANEROID SPHYGMOMANOMETER
SPHYGMOMANOMÈTRE ANÉROÏDE
ESFIGMOMANÓMETRO ANEROIDE
ESFIGMOMANÓMETRO ANEROIDE
ANEROID-BLUTDRUCKMESSGERÄT
ΑΝΑΕΡΟΕΙΔΕΣ ΣΦΥΓ

مقياس ضغط الدم اللاسائلي

REF HS-201T (GIMA 32736)



HONSUN (NANTONG) Co., Ltd.

N. 8, Tongxing Road, Economic&Technical Development
Area, Nantong City, Jiangsu, P.R.C.
Made in China



Shanghai International Holding Corp. GmbH (Europe)
Eiffestrasse 80, 20537 Hamburg, Germany



Importato da / Imported by / Importé par / Importado por
Importado por / Importiert von / Εισαγωγή από / مستورد عن طريق

Gima S.p.A.

Via Marconi, 1 - 20060 Gessate (MI) Italy
gima@gimaitaly.com - export@gimaitaly.com

www.gimaitaly.com



Dear Customer,

Thanks for you purchasing our aneroid sphygmomanometer which features advanced non-stop pin mechanism , precise control valve, durable cuff to offer you utmost reliable & accurate blood pressure measurement experience for both professional and home use. Please read through this instruction brochure before use.

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1. What is Blood Pressure?

Blood Pressure is the pressure exerted by the blood at right angles to the walls of the blood vessels . The peak pressure in the arteries during the cardiac cycle is defined as systolic pressure, while the lowest pressure is defined as diastolic pressure.

Depending on physical exertion and condition , blood pressure is subject to wide fluctuations as the day progresses (in a circadian rhythm) . Blood pressure also changes in response to stress, nutritional factors, drugs or disease.

2. What is a Normal Blood Pressure?

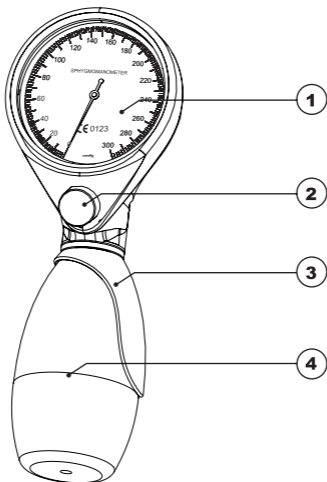
A systolic pressure of less than 130mmHg and a diastolic pressure of under 90mmHg are recognized as normal level by World Health Organization (WHO) However, individual blood pressure varies . Kindly find below table of classification by WHO .

Blood Pressure Classification In Adults (unit: mmHg)

Range	Systolic	Diastolic	Recommendation
blood pressure too low	↓ 100	↓ 60	Consult your doctor
blood pressure optimum	100 - 120	60 - 80	Self-check
blood pressure normal	120 - 130	80 - 85	Self-check
blood pressure slightly high	130 - 140	85 - 90	Consult your doctor
blood pressure too high	140 - 160	90 - 100	Seek medical advice
blood pressure far too high	160 - 180	100 - 110	Seek medical advice
blood pressure dangerously high	↑ 180	↑ 110	Urgently seek medical advice'

Blood pressure does increase with age, so you must check with your doctor to find out what is "normal" for you. Under no circumstances should you alter the dosages of any drugs prescribed by your doctor.

3. Palm type Sphygmomanometer



1. Dial plate
2. Deflation button
3. Handle
4. Bulb

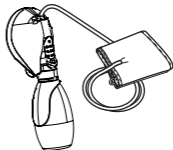
4. Select the correct cuff

This instrument is supplied with the standard cuff which is fit for the arm size 22-32 cm. Care should be taken to ensure that the cuff size is appropriate for the person whose blood pressure is being taken. This improves the accuracy of the reading. Children and adults with cuff size fall outside the range 22-32 cm should select special size cuffs. Please contact the dealer to get these special size cuffs.



5. Take a blood pressure measurement using this instrument

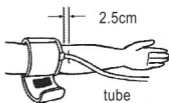
1) Connect the cuff and gauge as shown in the illustration.



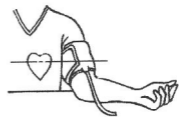
2) The user should be in a warm environment. Tight or restrictive clothing should be removed from the arm. Sit down at a table or desk where you can easily rest your arm. Wrap the cuff around the naked arm so the middle of the cuff is over the brachia! artery pulse. Position the cuff approximately 2.5cm above the elbow and slip the top part of the cuff through the metal bar that is attached to the cuff. Most cuffs have Velcro, making it easy to keep the cuff in place.



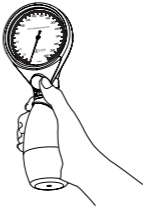
Make sure the cuff is snug, not be too tight. Two fingers should be easily put in between cuff and arm. The cuff should be at about the same height as your heart. If someone else is taking your blood pressure, you may recline .



3) Gently place the stethoscope 's ear pieces in your ears.



4) Place the head of the stethoscope just below (1-4 in. or 2.5-8 cm) the armpit , near the inside middle side of the arm. It must not be pressed too firmly or touch the cuff, or the diastolic pressure may be underestimated.

- 5) Pump the bulb slowly but steadily until the pressure reaches about 30 mmHg above your usual systolic pressure. If you have never measured your blood pressure, please inflate the pressure to 180 mmHg;
- 6) Now, stop inflation and push the deflation button gently with thumb so as to get the pressure drop slowly and steadily at about 2-3 mmHg per second. Listen and watch the dial plate carefully during deflation, the point at which repetitive, clear tapping sounds first appear for at least two consecutive beats gives the systolic blood pressure. The point where the repetitive sounds finally disappear gives the diastolic blood pressure.
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- 7) After you get the diastolic pressure, push the deflation button to the end for rapid deflation;
- 8) Remove the stethoscope and cuff from arm after the pressure in the cuff bottoms out;

USEFUL TIPS FOR BLOOD PRESSURE MEASURING

- Wear short sleeves so your arm is exposed or naked.
- Any strenuous activity immediately is prohibited before measurement.
- Rest 5 to 10 minutes before measuring your blood pressure.
- Always measure the same arm (normally left).
- Do not hold the head of the stethoscope with your thumb. The thumb has a beat of its own, which may interfere with the reading.
- Do measure your blood pressure the same time each day.
- Record the date and time measurement was made.
- Talk, eat, drink, or move are prohibited during the measurement process.



6. Adjustment for handle

This product is designed to be conveniently adjusted for both left hand and right hand user by adjusting the handle, which enables the user to adjust it at personal habit. There are three recommended mode as following.



For right hand user



For left hand user



For both left hand
and right hand user

If you don't like the default mode, you can adjust the handle according to below procedures:

- 1) Turn the ball in the anticlockwise direction and screw off the bulb from mainbody;
- 2) Pull out the handle from the mainbody in the direction as shown in the illustration;
- 3) Reset the handle gently in the mainbody in your favorite direction. Make sure the two ribs in the handle match the groove in the mainbody correctly;
- 4) Screw up the bulb in the mainbody.

7. Care, Maintenance, Calibration and Warranty

7.1 Care and Maintenance

This instrument may be used only for the purpose described in this booklet. The manufacturer cannot be held liable for damage caused by incorrect application. This instrument comprises sensitive components and must be treated with caution. Observe the storage and operating conditions described in the Specifications section and NEVER open the instrument!

- Overladen inflation more than 300 mmHg
- Water and moisture
- Extreme temperatures
- Impact and dropping
- Contamination and dust
- Direct sunlight

7.2 Cleaning the cuff

The cuffs are sensitive and must be handled with care . You can clean the cuff cover with damp cloth.

Under no circumstances may you wash the inner bladder!

Sterilization is not necessary since the parts of manometer should not come into direct contact with the patient's body during measurement.

7.3 Calibration

The device must be calibrated for the sake of reliable performance and accuracy. Thus, we kindly recommend a fixed check of static pressure display per 2 years .

Consult the dealer for more information on it.

8. Technical Specifications

Weight: 146g (not including cuff)

Size: 183mm X 69.4mm X 57mm

Storage temperature: -20°C to +70°C

Humidity: 85% Relative humidity maximum

Operating temperature: 0 °C to 46 °C

Measuring range: 0 - 300 mmHg

Measuring resolution: 2 mmHg Accuracy:

Within ±3mmHg in 18° C to 33° C

Within ±6mmHg in 34 °C to 46 °C

Air leakage: < ±4mmHg/min

Accessories:

1. Cuff



2. Soft bag
3. Warranty card
4. Stethoscope (Optional)

9. Reference to standards

Device corresponds to below requirements:












EN1060-1: 1996 / EN1060-2: 1996

ANSI / AAMI SP9

10. Declaration

The manufacturer reserves the right to make technical changes without notice in the interest of progress.

Prior notices will not be given in case of any amendments within this manual. The mentioned trademarks and names are owned by the corresponding companies .

	Product code		Lot number
	Medical Device complies with Directive 93/42/EEC		Caution: read instructions (warnings) carefully
	Keep in a cool, dry place		Keep away from sunlight
	Consult instructions for use		Authorized representative in the European community
	Temperature limit		Manufacturer
	Humidity limit		

GIMA WARRANTY TERMS

The Gima 12-month standard B2B warranty applies.