PROFESSIONAL MEDICAL PRODUCTS

SFIGMOMANOMETRO DIGITALE SENZA MERCURIO
DIGITAL SPHYGMOMANOMETER WITHOUT MERCURY
TENSIOMÈTRE NUMÉRIQUE SANS MERCURE
QUECKSILBERFREIES DIGITALES-BLUTDRUCKMESSGERÄT
ESFIGMOMANÓMETRO DIGITAL SIN MERCURIO
ESFIGMOMANÔMETRO DIGITAL SEM MERCÚRIO
ΨΗΦΙΑΚΟ ΠΙΕΣΟΜΕΤΡΟ ΧΩΡΙΣ ΥΔΡΑΡΓΥΡΟ
جهازقياس للضغط الدموي رقمي بدون زئبق

0476

REF **32800**

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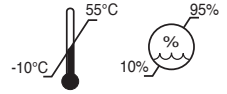
www.gimaitaly.com
Made in China

IP21



M32800-M-Rev.8-03.22

Thank you purchase the company's products
Before using, you must carefully read the Operation Instruction
Please custody proper the Operation Instruction

DXJ - 210 (dual use) is the electronic equipment used to measure the body's blood pressure screening devices, there are two methods of measurement (that is, oscillographic methods and methods of auscultation), with the back of the LED light, and easy-to-read measurement. In particular the use of liquid mercury to replace the columns, put an end to Mercury due to leakage caused by the environmental and health hazards.

Important Warning/Medical Disclaimer

Before using your blood pressure monitor, you should read and understand all instruction and follow all warning.

Information in this manual is provided for informational purposes only. This manual and product are not meant to be a substitute for the advice provided by your own physician or other medical professional. You should not use the information contained herein or this product for diagnosing or treating a health problem, disease, or prescribing any medication. If you have or suspect that you have a medical problem, promptly contact your healthcare provider.

Healthy Living

This blood pressure monitor is the first step to living a healthier life. But monitoring your blood pressure at home is just the beginning, it's also important to:

EXERCISE REGULARLY — Start out by taking a quick walk each day. Before you know it, you'll feel energize.
That's because along with being an easy way to shed a few pounds, walking also helps your bones and heart become stronger.
EAT RIGHT -— Remember, you are what you eat! So when you reach for a snack, try grabbing a piece of fruit or a vegetable. When cooking meals at home try to use fats and oils sparingly. Sometimes a healthy diet is the best medicine of all! It's also a good idea to monitor your sodium intake because about one-third of individuals who have high blood pressure are also sodium sensitive.
Consult your doctor regarding over-the-counter supplements and herbs such as onion and garlic. Both of these plants have been historically linked to producing mild anti-hypertension effects.
BE HAPPY! — a positive attitude is a big part of a healthy body. Try not to get too stressed out over things. Daily relaxation techniques such as gentle yoga or even quiet time by yourself can do a lot of good for the mind and body. Stay focused on the good things in life. Begin by congratulating yourself for that short walk you just took or the smart food choice you made. It's your first step to a healthier life!
KEEP AN EYE ON YOUR WEIGHT! — Surprisingly, losing even a small amount of weight can often times help control high blood pressure. Talk with your doctor to find a "healthy" weight for you and strive

to come within a range of it.

Remember to consult your physician prior to beginning an exercise program, vitamin/mineral, dietary changes or programs and blood pressure monitoring.

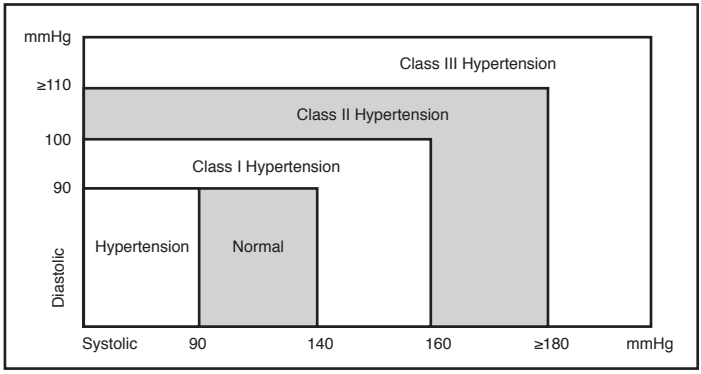
Commonly Asked Questions

Why Should / Monitor My Blood Pressure At Home?
By monitoring at home, you may manage your health in between doctor visits. Home monitoring also provides you with a record of blood pressure measurements over time to give to your doctor-a valuable tool in monitoring hypertension.
Home monitoring may also help alleviate **White Coat Hypertension**. This term refers to the medical phenomena which causes many individual's blood pressure to be higher when taken in a medical office setting. That's because many times the stress of being in the doctor's office may cause blood pressure to rise as much as 20-50 points higher than normal. When monitoring at home, you may get truer indication of your blood pressure in a normal, relaxed state.
What Is Blood Pressure?
The commonly used term "blood pressure" refers to the force or pressure that is exerted on the body's arteries as blood flows through them. Each time the heart beats or contracts, it produces pressure in the arteries. This blood pressure is what moves blood through the body, supply oxygen and nutrients to every organ.

When the heart contracts it sends blood out into the body.
This pressure is referred to as **systolic**.

The pressure that is created as the heart pulls blood back through is called **diastolic**.

What Is Considered Normal Blood Pressure?
The well-respected World Health Organization (WHO) has set forth the follow in g guidelines regarding high (commonly referred to as hypertension), low and borderline blood pressure.



Reference: Journal of Hypertension. 2003 Nov., WHO/ISH statement on management of Hypertension.

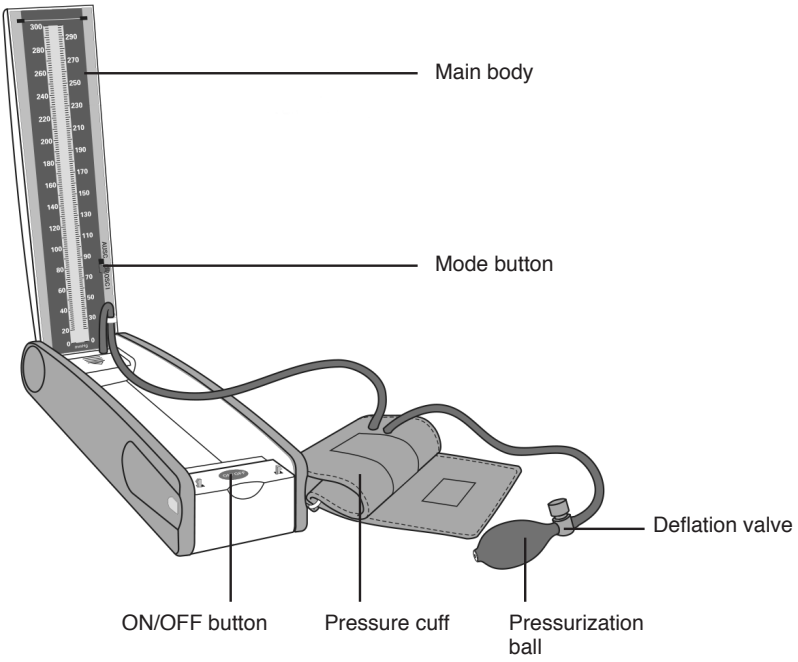
Why Does My Blood Pressure Fluctuate?
Because blood pressure changes with every beat of the heart it is in constant fluctuation throughout any given day. In addition to these natural changes there are other factors that may affect blood pressure such as:

Temperature (too hot or cold)	Fear
Anger	Anxiety
Humidity	Food and beverage consumption
Restlessness	Individual physical conditions
Lack of sleep	Constipation
Physical exercise	Stress

How Do I Know I Have High Blood Pressure?
It's nearly impossible to know if your blood pressure is elevated without having it checked. People have the common misconception that one can "feel" their blood pressure rise. It is because of this mystery that hypertension has been named "the silent killer". Don't let it sneak up on you! Start monitoring your blood pressure every day with your new monitor.

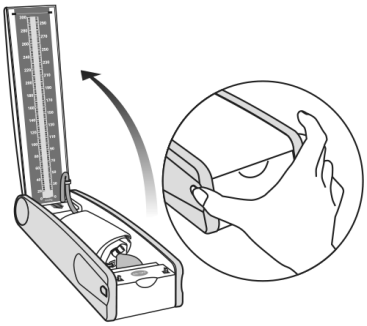
Why is It important To Control My Blood Pressure?
Left uncontrolled, hypertension can place an incredible amount of stress on your heart and arteries, both of which become forced to work harder to keep blood flowing in a healthy manner throughout the body. Over time, this stress can result in health problems including over enlargement of the heart, loss of elasticity of the arteries, heart disease, stroke and even death. Making some simple lifestyle changes now can help you to stay healthy in the future.

Main Unit and Accessories

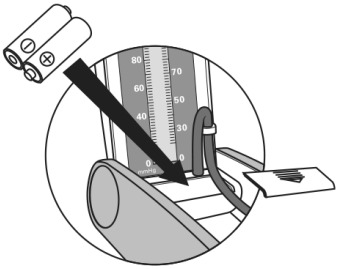


⚠ This manual is based on the standard scale (kPa/mmHg), if it is single-scale all of according to the actual product.

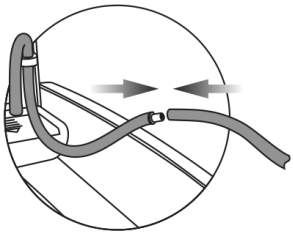
Usage



1 Take out the sphygmomanometer, hands pressed Buckle switch. Open the sphygmomanometer's cover, open to the largest position.

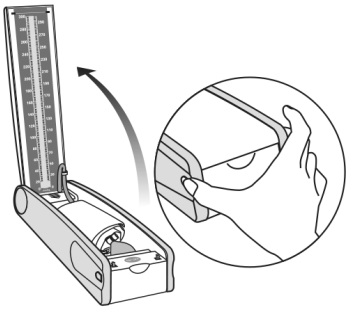


2 Open battery box cap, loaded the batteries correctly, close the box cap.

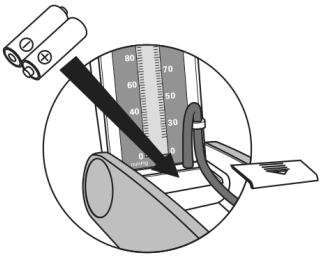


3 Connect the cuff's tube to sphygmomanometer's tube.

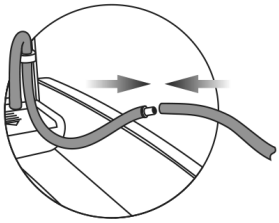
Auscultation



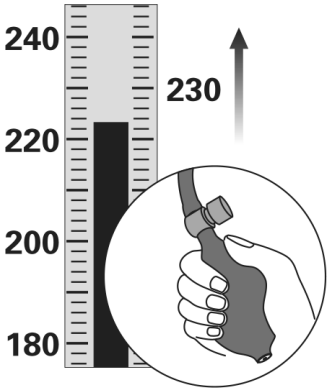
1 Measurement will be allocated up mode switch to choose methods of auscultation.



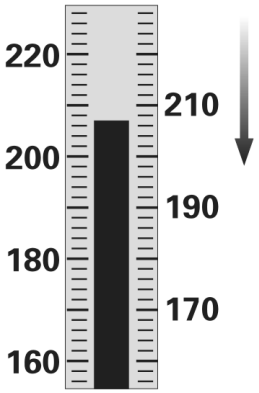
2 Press “ON/ OFF” button, LCD column were full of characters, into the unknown state, characters are shown as “000”. LCD scale at zero. (This machine has self-test function. After all display, you have to judge whether there was any residual air in the cuff, if there is residual air in it. Character “ P “ is flashing. Residual air is evacuated, then LCD shows “000”.



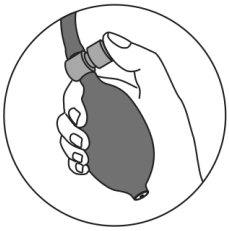
3 Tied Cuffs: Cuff tied up in the upper arm, then Stethoscope probe inserted armbands, placed in the brachial artery on the elbow.



4 Pressure: tighten up the valve switching, with a rubber ball inside to slowly inflate cuffs, When sphygmomanometer over numerical instructions were usually measured blood pressure values 2.5~4.0kPa (18.75~30mmHg) above, they can stop inflating.

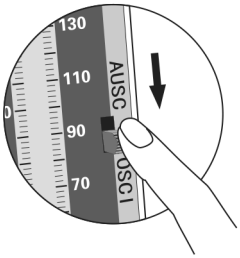


5 To determine blood pressure: pressure to stop after the release valve built-in uniform will be automatically deflated, the pressure decreases, when the first voice will be heard when the LCD column corresponds to the pressure on the value of Kirkpatrick is the sound of the law systolic blood pressure, and then gradually voice Variable ring and then change the low and finally disappeared from the low voice to disappear when the pressure is the diastolic blood pressure values.

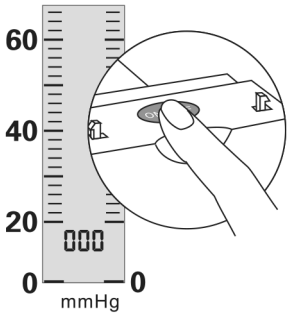


6 To exclude more than gas: measurement is complete, press the release valve by hand, rule out the arm with more than gas.

Oscillographic

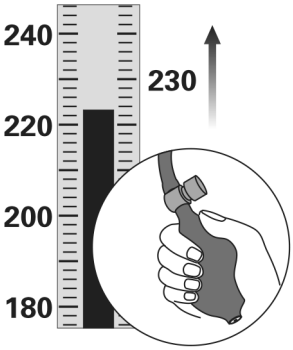


1 Measurement mode selector switch will be allocated down oscillographic methods.



2 Press “ON/OFF” button, LCD column were full of characters, into the unknown state, characters are shown as “000”. LCD scale at zero. (This machine has self-test function. After all display, you have to judge whether there was any residual air in the cuff, if there is residual air in it. Character “ P “ is flashing. Residual air is evacuated, then LCD shows “000”.

3 Will be tied up in the upper arm cuff so that the arm to bring the symbol “Φ” at the elbow in the brachial artery.



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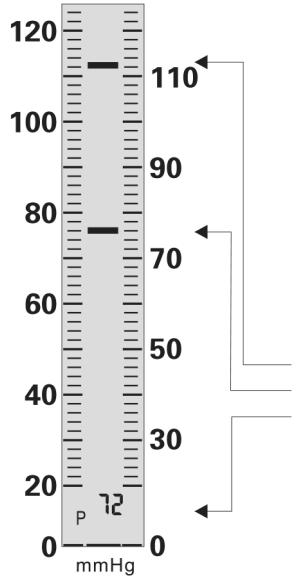
6 Results display: After the measurement, the maximum or systolic pressure value at the top, the minimum or diastolic pressure value in the center and the heart rate value at the bottom are displayed.



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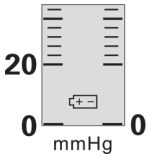


8 When the LCD shows the symbol “ + − ”, shows battery is inadequate, then the sphygmomanometer not work, Please replace two new “AA” alkaline batteries.

⚠ The disposal of battery and device shall comply with the local environment requirements. Don't swallow the battery. It's dangerous to your life. Please store the battery at a safe place where children can't reach it. If anyone swallowed the battery, send him to the hospital for diagnosis and treatment at once.

9 After measuring, you unscrew the vent valve in order to evacuate residual air, removed the cuff, press the ON / OFF button off. (This product has five minutes automatic shutdown functions)..
10 Tidy the cuff, put sphygmomanometer in its box.
11 Flick of the top cover, covered the top to bottom together, Buckle switch automatically locking.

Important Reminders

Follow your doctor's advice on how and when to take your blood pressure. Here are some important hints.

Before Taking a Measurement

- Sit quietly for about 10 minutes. This will allow your z body to return to its normal, resting state.
- Take your blood pressure in a comfortable v environment not too cold, not too hot as temperature may affect your measurement
- If you've just consumed beverage containing caffeine such as coffee, non-herbal tea, or cola wait 30-45 minutes. Also, don't smoke just before taking a measurement.

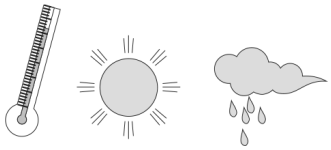
While Taking a Measurement

- Sit still and quietly while measuring. Talking or moving may elevate measurements.
- For consistency, it's a good idea to measure your blood pressure using the same arm and at about the same time each day. If possible, we suggest using your left arm
- When taking multiple measurements right after each other, make sure you wait at least10 minutes in between. Waiting will allow your blood vessels to return to their normal state.
- Sit with your legs uncrossed and your feet flat on the floor. Do not touch the cuff or monitor at any time during the measurement. Relax.

Taking Care of Your Monitor

It's important to treat your monitor with care. Here are some basic tips:

- Keep the monitor out of direct sun light, high humidity, and extreme temperature Changes.
- Try not to drop it on the floor.
- Do not take the monitor or the cuff apart. DO not attempt to fix any of the monitor's parts at home. IF your monitor needs repairs see details in warranty section.
- Keep the monitor free of dust and other materials. Avoid getting any part of the monitor or cuff extremely wet. IF the monitor needs cleaning It's best to wipe it with a cloth slightly dampened with water. IT is recommended that you clean your monitor about once a month.



- For your safety, do not wrap the cuff around any other body part other than your wrist
- Do not harshly fold or bend the cuff as this may damage it on the inside
- Do not inflate the monitor's cuff if it is not wrapped around your wrist.

Specifications

Model:	DXJ-210
Measurement Method	Measurement: auscultation methods, methods of oscillographic
Display	liquid crystal digital display
Measuring range	Pressure: 0~300 mmHg
Accuracy	Pressure: within ± 3mmHg
Automatic Power Off	About 5 minutes after measurement is complete
Battery Type	2 AA Batteries
Battery life	About 2 months with 3-min. usage per day
Storage condition	(14~131) °F, (10-95) %RH
Operation condition	(41~104) °F, (30~85)%RH
Dimensions (approx.)	Monitor: 360x96x66 mm Cuff: fits wrists 22-33 cm
Weight (approx.)	1100g (including batteries)

For purposes of improvement, specifications are subject to change without notice

Troubleshooting

Error/Symbol	What does It Mean?	How To Fix It
	Battery low	Change the battery
Shows abnormal result	Cuff not tightened properly or its position is incorrect	Read pages 10 (Important Reminders
	Body is not steady	Stay calm and remain steady
	Speaking, frightened nervous or are excited during measurement	Do not speak and take deep breath 2~3times to relax yourself
	Wrong position	Adjust position; refer to “Usage”.
	Some interference in inflation or wrong operation during measuring	Refer to the inflation step in “Taking a Blood Pressure Measurement'.

EMC statement

- Upper Arm Blood Pressure Monitor meets the requirement of electromagnetics compatibility in IEC60601-1-2.
- The user needs to install and use according to electromagnetism compatibility information which is attached with it.
- Guidance and manufacture's declaration stated below.

⚠ **Warning:** : Don't near active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.

⚠ **Warning:** Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

⚠ **Warning:** Use of accessories and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

⚠ **Warning:** Portable RF communications equipment should be used no closer than 30 cm (12 inches) to any part of the Upper Arm Blood Pressure Monitor, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Manufacturer's EMC Statement

<table>
<tr><th colspan="3">Guidance and Manufacturer's declaration – electromagnetic emissions</th></tr>
<tr><td colspan="3">The Upper Ami Blood Pressure Monitors are intended for use in the electromagnetic environment specified below. The customer or the user of the Upper Arm Blood Pressure Monitors should assure that it is used in such an environment.</td></tr>
<tr><th>Emissions</th><th>Compliance</th><th>Electromagnetic environment— guidance</th></tr>
<tr><td>RF emissions CISPR11</td><td>Group 1</td><td>The Upper Arm Blood Pressure Monitor including AC-adapter uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not Likely to cause any interference in nearby electronic equipment.</td></tr>
<tr><td>RF emissions CISPR11</td><td>Class B</td><td rowspan="3">The Upper Arm Blood Pressure Monitor including AC-adapter is suitable for use in all establishments, including domestic establishments and those directly connected to the public low - voltage power supply network that supplies buildings used for domestic purposes.</td></tr>
<tr><td>Harmonic emissions
IEC 61000-3-2</td><td>Class A</td></tr>
<tr><td>Voltage fluctuations /
flicker emissions
IEC 61000-3-3</td><td>Complies</td></tr>
</table>

Guidance and manufacturer's declaration — electromagnetic immunity			
Upper Arm Blood Pressure Monitor including AC-adapter is intended for use in the electromagnetic environment specified below. The customer or the user of this Upper Arm Blood Pressure Monitor including AC-adapter should assure that it is used in such			
IMMUNITY TEST	**IEC 60601 TEST LEVEL**	**COMPLIANCE LEVEL**	**ELECTROMAGNETIC ENVIRONMENT— GUIDANCE**
Electrostatic discharge (ESD) IEC 61000-4-2	±8 Kv contact ±2 Kv, ±4 Kv, ±8 Kv ±15 Kv air	±8 Kv contact ±2 Kv, ±4 Kv, ±8 Kv ±15 Kv air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %
Electrical fast transient/burst IEC 61000-4-4	±2 Kv for power supply lines ±1 Kv for input/ output lines	±2 Kv for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±0,5 Kv, ±1 Kv line to line ±0,5 Kv, ±1 Kv, ±2 Kv line to earth	± 0,5, ± 1 kV line to earth	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % UT (>95 % dip in UT.) for 0.5 cycle <5 % UT (>95 % dip in UT.) for 1 cycle 70 % UT (30 % dip in UT.) for 25/30 cycles <5 % UT (>95 % dip in UT.) for 5/6 sec	<5 % UT (>95 % dip in UT.) for 0.5 cycle <5 % UT (>95 % dip in UT.) for 1 cycle 70 % UT (30 % dip in UT.) for 25/30 cycles <5 % UT (>95 % dip in UT.) for 5/6 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the Upper Arm Blood Pressure Monitor requires continued operation during power mains interruptions, it is recommended that the Upper Arm Blood Pressure Monitor be powered from an uninterruptible pow er supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Note: U_T is the a.c. mains voltage prior to application of the test level			

Guidance and manufacturer's declaration — electromagnetic immunity			
Upper Arm Blood Pressure Monitor including AC-adapter is intended for use in the electromagnetic environment specified below. The custom er or the user of this Upper Arm Blood Pressure Monitor including AC-adapter should assure that it is used in such environment.			
IMMUNITY TEST	**IEC 60601 TEST LEVEL**	**COMPLIANCE LEVEL**	**ELECTROMAGNETIC ENVIRONMENT— GUIDANCE**
Conducted RF IEC 61000-4-6 Radiated RF IEC 61000-4-3	3 Vrms 150 Khz to 80 MHz 6 Vrms in ISM bans 10 V/m 80 MHz to 2,7 GHz	3 Vrms 150 Khz to 80 MHz 6 Vrms in ISM bans 10 V/m 80 MHz to 2,7 GHz	Portable and mobile RF communications equipment should be used no closer lo any part of the Upper Arm Blood Pressure Monitor including AC-adapter including cables, than the recommended separation distance calculated from the equation appropriate to the frequency of the transmitter. **Recommended separation distance** $d = 1.2\sqrt{P}$ 80 MHz to 800 MHz $d = 1.2\sqrt{P}$ 80 MHz to 800 MHz $d = 2.3\sqrt{P}$ 800 MHz to 2,7 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d Is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,[a] should be less than the compliance level in each frequency range[b] Interference may occur in the vicinity of equipment marked with the following symbol:
NOTE 1: At 80 MHz and 800 MHz the higher frequency range applies. NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) Telephones and land mobile radios. amateur radio. AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Upper Arm Blood Pressure Monitor is used exceeds the applicable RF compliance level above, the Upper Arm Blood Pressure Monitor should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Upper Arm Blood Pressure Monitor. b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.			

Guidance and manufacturer's declaration - electromagnetic Immunity							
	Test Frequency (MHz)	**Band (MHz)**	**Service**	**MODULATION**	**MODULATION (W)**	**DISTANCE (M)**	**IMMUNITY TEST LEVEL (V/M)**
Radiated RF IEC 61000-4-3 (Test specifications for ENCLOSERE PORT IMMUNITY to RF wireless communications equipment)	385	380 - 390	TETRA 400	Pulse modulation 18 Hz	1,8	0,3	27
	450	430 - 470	GMRS 460, FRS 460	FM ±5 kHz deviation 1 kHz sine	2	0,3	28
	710	704 - 787	LTE Band 13,17	Pulse modulation 217 Hz	0,2	0,3	9
	745						
	780						
	810	800 - 960	GSM 800/900, TETRA 800 iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0,3	28
	870						
	930						
	1720	1700 - 1900	GSM 800/900, TETRA 800 iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 217 Hz	2	0,3	28
	1845						
	1970						
	2450	2400 - 2750	GSM 800/900, TETRA 800 iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 217 Hz	2	0,3	28
	5240	5100 - 5800	WLAN 802.11 a / n,	Pulse modulation 217 Hz	0,2	0,3	28
	5500						
	5785						

	Caution: read instructions (warnings) carefully		Follow instructions for use
	Keep in a cool, dry place		Keep away from sunlight
	Manufacturer		Date of manufacture
REF	Product code	LOT	Lot number
CE	Medical Device complies with Directive 93/42/EEC		WEEE disposal
	Type BF applied part	**IP21**	Covering Protection rate
	Temperature limit		Humidity limit ì
	Direct Current		

***Disposal**: The product must not be disposed of along with other domestic waste. The users must dispose of this equipment by bringing it to a specific recycling point for electric and electronic equipment.*

GIMA WARRANTY TERMS
The Gima 12-month standard B2B warranty applies.