BOOTS PHARMACEUTICALS

Blood Pressure Monitor Upper Arm

Instruction Manual

IM-HEM-8712-BS2-02-03/2018
9701938-4D

Introduction

The Boots Pharmaceuticals Blood Pressure Monitor Upper Arm is a compact, fully automated blood pressure monitor, operating on the oscillometric principle. It measures your blood pressure and pulse rate simply and quickly.

The Boots Pharmaceuticals Blood Pressure Monitor Upper Arm is intended for use by an adult population with an arm circumference within that printed on the arm cuff.

Please follow this instruction manual thoroughly for your safety and keep it for future reference. For specific information about your own blood pressure, CONSULT YOUR HEALTHCARE PROFESSIONAL.

What is Blood Pressure?

Your heart acts like a pump to circulate blood around your body and help supply it with oxygen. Blood pressure is measured in millimetres of mercury (mmHg) and it represents the force needed for the heart to push blood through the arteries. The highest pressure in the cycle is when the heart contracts, this is called the SYSTOLIC BLOOD PRESSURE. Between contractions, the heart relaxes and blood flows into it since it is at its lowest pressure, which is called DIASTOLIC BLOOD PRESSURE.

What is Normal Blood Pressure?

Many factors such as physical activity, anxiety, or simply time of day, can influence your blood pressure. Some people find that when their blood pressure is measured by their doctor or nurse (also called Clinic blood pressure) the readings are often higher than those measured at home. This is because clinical surroundings and examination conditions can cause a degree of stress, and lead to temporary raises in blood pressure.

For a healthy adult under resting conditions the recommended clinic values should be between 90-139 mmHg for the systolic blood pressure and between 60-89 mmHg for the diastolic blood pressure.

What Is High Blood Pressure?

Everyone has a different blood pressure, but when this is consistently above the recommended levels it is considered to be high and is medically known as hypertension.

The National Institute for Health and Care Excellence (NICE) defines hypertension as follows:

- **Stage 1 hypertension:** Clinic blood pressure is 140/90 mmHg or higher or home blood pressure is 135/85 mmHg or higher.
- **Stage 2 hypertension:** Clinic blood pressure is 160/100 mmHg or higher or home blood pressure is 150/95 mmHg or higher.
- **Severe hypertension:** Clinic blood pressure is 180/110 mmHg or higher.

The definitions reflect the evidence that measurements made in a clinic setting are typically slightly higher than when taken in a home setting.

Clinic Blood Pressure (mmHg)	Low	Normal	Hypertension		
			Stage 1	Stage 2	Severe
Systolic (upper value)	Below 90	90-139	140-159	160-179	180 and Over
Diastolic (upper value)	Below 60	60-89	90-99	100-109	110 and Over

Home Blood Pressure (mmHg)	Low	Normal	Hypertension	
			Stage 1	Stage 2
Systolic (upper value)	Below 85	85-134	135-149	150 and Over
Diastolic (upper value)	Below 55	55-84	85-94	95 and Over

There is often no clear cause of high blood pressure but it can be affected by your lifestyle and important contributing factors include:

- Being overweight
- Having high cholesterol
- Drinking too much alcohol
- Eating too much salt
- Not eating enough fruit and vegetables
- Not exercising enough
- Drinking too much coffee (or other caffeine-based drinks)
- Smoking

High blood pressure has no symptoms, but if It's not treated it can damage the kidneys, heart and brain.

The Boots Pharmaceuticals Blood Pressure Monitor Upper Arm is designed to be used at home and to show on the display it your blood pressure is too high (equal or over 135/185 mmHg).

To monitor your blood pressure more accurately you should measure it twice a day, ideally once in the morning and once in the evening. Each time you should take two readings at least one minute apart and with the person seated. to monitor blood pressure, recording should continue for at least 4 days, ideally for 7 days.

If your blood pressure is too high please consult your healthcare professional.

How can you Reduce High Blood Pressure?

Depending on your blood pressure your doctor may encourage you to make some lifestyle changes or may prescribe medication for you to take.

Changes you can make to your lifestyle include:

- Lose any excess weight and try to lower your cholesterol by reducing the fat content in your diet.
- Don't add salt to food.
- Eating a heathy diet.
- Do not drink more than 14 units of alcohol per week.
- Do more exercise (please ask medical advice first).
- Don't smoke. Smoking causes your arteries to narrow and is the biggest risk factor for having a heart attack.
- Reduce the intake of caffeine.

Important Safety Information

⚠ **Warning: Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.**

General Usage

- DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your healthcare professional. Only a healthcare professional is qualified to diagnose and treat High Blood Pressure.
- Consult your healthcare professional before using the device for any of the following conditions: common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, age, pregnancy, pre-eclampsia, renal diseases. Note that PATIENT motion, trembling, shivering may affect the measurement reading.
- Do not use the device on an injured arm or an arm under medical treatment.
- Stop using the device and consult your physician, if you experience skin irritation or other undesirable effects.
- Do not apply the arm cuff while having an intravenous drip or a blood transfusion.
- Consult your healthcare professional before using the device on an arm with an arterio-venous (A-V) shunt.
- Do not use the device simultaneously with other medical electrical (ME) equipment. This may result in incorrect operation of the device and/or cause an inaccurate reading.
- Do not use the device in areas where HF surgical equipment, MRI scanners or CT scanners are used, or in oxygen rich environments. This may result in incorrect operation of the device and/or cause an inaccurate reading.
- The air tube may cause accidental strangulation in infants.
- The device contains small parts that are a choking hazard if swallowed by infants.

⚠ **Caution: Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.**

General Usage

- Always consult your healthcare professional. Self-diagnosis of measurement results and self-treatment are dangerous.
- People with severe blood flow problems, or blood disorders, should consult a healthcare professional before using the device, as the arm cuff inflation can cause bruising.
- Remove the arm cuff if it does not start deflating during the measurement.
- Do not use this device on infants or persons who cannot express their intentions.
- Do not use the device for any purpose other than measuring blood pressure.
- Use only the approved arm cuff for this device. Use of other arm cuffs may result in incorrect measurement results.
- During measurement, make sure that no mobile phone or any other electrical devices that emit electromagnetic fields is within 30cm of this device. This may result in incorrect operation of the device and/or cause an inaccurate reading.
- Do not disassemble the monitor or arm cuff. This may cause an inaccurate reading.
- Do not use in a location with moisture, or a location where water may splash on the device. This may damage the device.
- Do not use the device in a moving vehicle (car, airplane).
- Do not take measurements more than necessary. It may cause bruising due to blood flow interference.
- Consult your healthcare professional before using the device if you had a mastectomy.
- If your systolic blood pressure is known to be more than 210 mmHg, read the "If your systolic pressure is more than 210 mmHg" section of this instruction manual. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

Battery Usage

- Batteries must be inserted with the + and - signs correctly aligned.
- Use 4 "AA" alkaline or manganese batteries with this device. Do not use other types of batteries. Do not use new and used batteries together.
- Remove the batteries if the device will not be used for three months or more.
- Use the battery within recommended period mentioned to it.

General Precautions

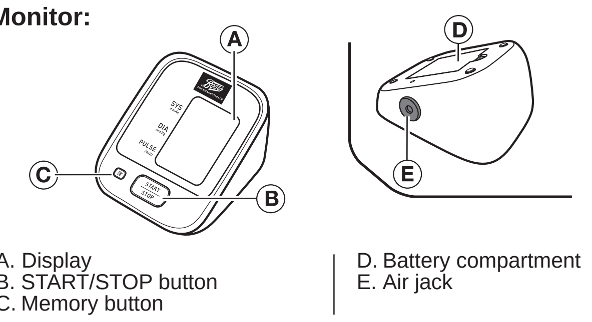
- Do not forcibly crease the arm cuff or the air tube excessively.
- Do not fold or kink the air tube while taking a measurement. This may cause harmful injury by interrupting blood flow.
- To unplug the air plug, pull on the air plug at the connection with the monitor, not the tube itself.
- Do not drop the monitor or subject device to strong shocks or vibrations.
- Do not inflate the arm cuff when it is not wrapped around your arm.
- Do not use the device outside the specified environment. It may cause an inaccurate reading.
- Read and follow the "Important information regarding Electromagnetic Cornpatibillty (EMC)" in section 7 of this instruction manual.
- Read and follow the instructions for "Correct Disposal of This Product" in section 6 of this instruction manual when disposing of the device and any of its accessories.
- Please check (for example, by observation of the limb concerned) that the device is not causing a prolonged impairment of PATIENT blood circulation.
- If the device is stored at the maximum or minimum storage and transport temperature and is moved to an environment with a temperature of 20°C, we recommend waiting for approximately 2 hours before using the device.

1. Know Your Device

Contents:

Monitor, arm cuff, instruction manual with record diary, storage case, battery set.

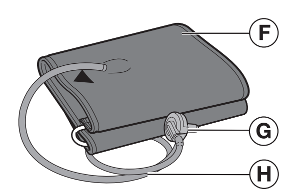
Monitor:



A. Display
B. START/STOP button
C. Memory button

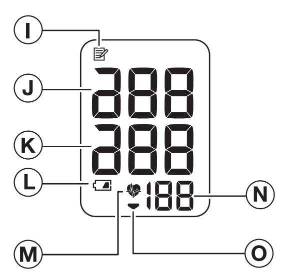
D. Battery compartment
E. Air jack

Arm cuff:



F. Arm cuff (Arm circumference 22 - 32cm)
G. Air plug
H. Air tube

Display:



I. Memory symbol
J. Systolic blood pressure
K. Diastolic blood pressure
L. Battery symbol (low/depleted)

M. Heartbeat symbol/Hypertension indicator
N. Pulse display
O. Deflation symbol

1.1 Display symbol

Heartbeat Symbol/Hypertension Indicator( )

Taking a Measurement

The Heartbeat Symbol flashes on the display during the measurement.

The Heartbeat Symbol flashes at every heartbeat.

When the measurement is complete, the Heartbeat Symbol flashes on the display with your blood pressure and pulse rate if the reading is above 134 for the Systolic Blood Pressure value and/or above 84 for the Diastolic Blood Pressure value.

Using the Memory Function

The Heartbeat Symbol flashes when the blood pressure reading stored in the memory is above 134 for the Systolic Blood Pressure value and/or above 84 for the Diastolic Blood Pressure value.

1.2 Before Taking a Measurement

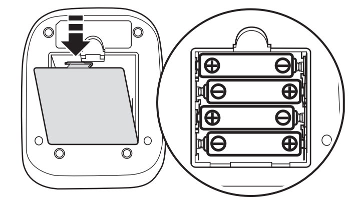
To help ensure an accurate reading, follow these directions:

1. Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for 30 minutes before taking a measurement.
2. Rest for at least 5 minutes before taking the measurement.
3. Stress raises blood pressure. Avoid taking measurements during stressful times.
4. Measurements should be taken in a quiet place.
5. Remove tight-fitting clothing from your arm.

2. Preparation

2.1 Battery Installation

1. Remove the battery cover.
2. Insert 4 "AA" batteries as indicated in the battery compartment.



3. Replace the battery cover.

Note:

- When the depleted battery symbol ( ) appears on the display, tum the monitor off and remove all the batteries. Replace with 4 batteries at the same time. Long life alkaline batteries are recommended.
- The measurement values continue to be stored in memory even after the batteries are replaced.
- The supplied batteries may have a shorter life.

⚠ Disposal of used batteries should be carried out in accordance with national/local regulations.

3. Using the Device

3.1 Applying the Arm Cuff

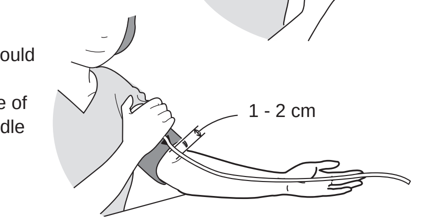
Remove tight-fitting clothing or tight rolled up sleeve from your left upper arm.

Do not place the arm cuff over thick clothes.

1. Insert the air plug into the air jack securely.

2. Wrap the arm cuff firmly in place around your left upper arm.

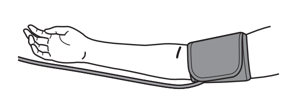
The bottom edge of the arm cuff should be 1 to 2 cm above the elbow.
The air tube should be on the inside of your arm and aligned with your middle finger.



3. Secure closed with the fabric fastener.

Note:

- When you take a measurement on the right arm, the air tube will be at the side of your elbow. Be careful not to rest your arm on the air tube.

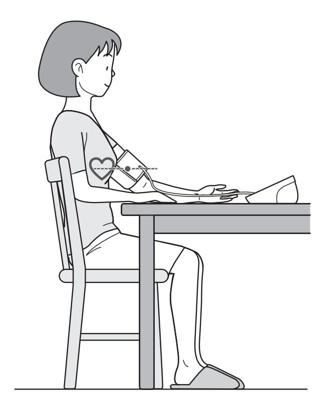


- The blood pressure can differ between the right arm and the left arm, and the measured blood pressure values can also be different. It is recommended to always use the same arm for measurement. If the values between both arms differ substantially, please check with your healthcare professional which arm to use for your measurement.

3.2 How to Sit Correctly

To take a measurement, you need to be relaxed and comfortably seated, at a comfortable temperature.

- Sit on a chair with your legs uncrossed and with your feet flat on the floor.
- Sit with your back and arm supported.
- The cuff on your arm should be at the same level as your hesrt.

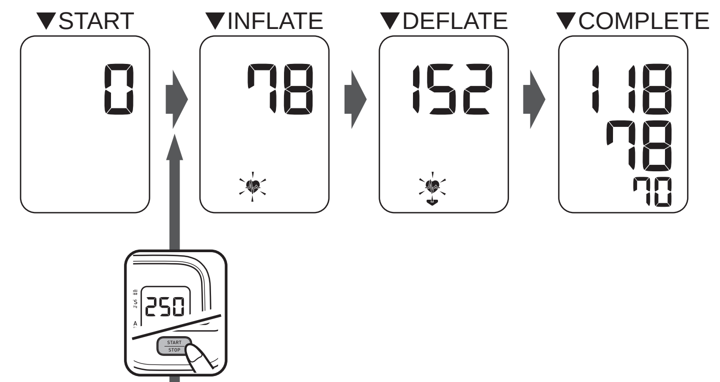


3.3 Taking a Measurement

Note:

- Remain still and do not talk while taking a measurement.
- To stop a measurement, press the START/STOP button once to release the air in the arm cuff.

1. Press the START/STOP button.
The arm cuff will start to inflate automatically.



If your systolic pressure is more than 210 mmHg

After the arm cuff starts to inflate, press and hold the START/STOP button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.

Note:

- The monitor will not inflate above 299 mmHg.
- Do not apply more pressure than necessary .

2. Remove the arm cuff.
3. Press the START/STOP button to turn the monitor off.
The monitor automatically stores the measurement result in its memory.
It will automatically tum off after 2 minutes.
Note: Wait 2-3 minutes before taking another measurement. Waiting between measurements allows the arteries to return to the condition prior to taking a measurement.

⚠ Blood pressure measurements should be interpreted by a doctor or trained healthcare professional who is familiar with your medical history. Self-diagnosis of measurement results and self-treatment is dangerous.

3.4 Using the Memory Function

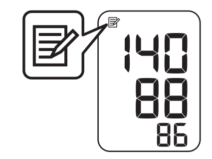
The monitor autornatically stores up to 30 sets of results.

Note: If the memory is full, the monitor will delete the oldest value.

To View the Measurement Values Stored in Memory

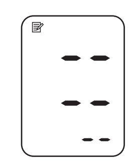
1. Press the button.

The Memory number appears for a second before the pulse rate is displayed.
The newest set is numbered "1 ".



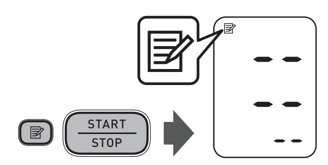
2. Press the button repeatedly to view the values stored in the memory

Note: If there are no measurements results stored in the memory, the screen to the right is displayed.



To Delate All the Values Stored in Memory

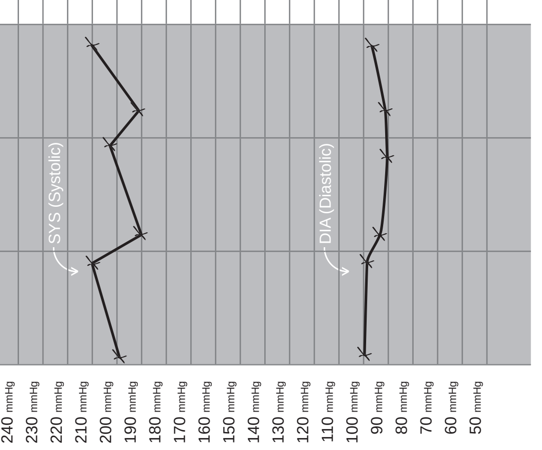
1. Press the Memory button, while the memory symbol ( ) appears.
2. While holding the button down, press the START/STOP button for more than 3 seconds.



Note: You cannot partially delele the values stored in memory. All values will be deleted.

Personal Blood Pressure Diary

Date	3-1		(Example)		5-1	
Time	7.00	20.00	7.15	19.45	7.10	19.50
Systolic (higher reading)	198	210	191	205	192	210
Diastolic (lower reading)	100	98	93	90	90	95
Pulse	86	81	74	76	70	71
Body weight (kg)	81		81		81	
Medication prescribed						



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ARTWORK ONLY

Trident Reference No: BTC245864
Zen Ref: TR1181559
Category: Healthcare
Sub-Category: Healthchecks
Brand: Core
Pack Type: Leaflet
Variant: Basic Blood Pressure Monitor - Upper Arm/HEM-8712-BS2
Action: E
Date: 04/01/17
Country: UK

Component Code: 9701938-4C
Item Code: 66-13-896

CAD Ref No: 570 x 420 mm
Printer: N/A
Substrate: White Paper

Barcode Type: N/A
Barcode Number: N/A
Magnification: N/A
Barcode Truncated By: (smallest bar) N/A
Edgemark Position: n/a
Pharmacode No/NE: N/A

Technical & Non Printing Items
Cutter Guides

Colours
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