# Sphygmotron™

JAPAN

# MERCURY-FREE SPHYGMOMANOMETER

LCD DISPLAY


## Specifications:

- Measure unit: mmHg
- Minimal scale:LCD column: 2mmHg
- Numerical display: 1mmHg
- Measure method: stethoscope
- Special Features: Systolic / Diastolic Marker
- Measure scope: 0-300mmHg
- Accuracy: +/-3mmHg
- Pulse rate: 30-200m,+/-5%
- Pressurization:manual by bulb
- Depressurization: Manual by air release valve
- Power supply: 3V, AA x 2 Nos.

**Model: ZW-303**

**Authorised Importer & Distributor:**

zowa (Since 1977)

**Zohra Wahab Trading Company Pte Ltd , Singapore**
**TEL: (65)-6743 6050 / 6747 0329**
**URL: www.zowamedical.com.sg**

## 9) PRODUCT MAINTENANCE & STERILISATION:-

- Use dry cloth with warm water to wipe the surface of product.
- Do not use naphtha / thinner or strong Alcohol to clean.
- Wipe with 75% Medicinal alcohol (Ethyl Alcohol) on Device surface after use.

## 10) CORRECT DISPOSAL OF THE PRODUCT AND BATTERIES

- The symbol on the manual, indicates the product complies with the directive WEEE (Waste Electronic & Electrical Equipment) and should not be disposed of among domestic waste.
- At the end of the Product & Battery Life cycle, the user must dispose of the product in specific collection recycle bins/areas.
  (Refer to the local waste disposal services.)

## 11) COMPLIANCE

- Complies with European Directive 93/42 EEC for Medical Products/Act, European Standards for Electrical Medical Equipment EN 6060-1 (General Safety Provisions) & EN 60601-1-2.
- Complies CE 0197 Mark.
- Compatible with Electromagnectism - EN 60601-1:2007.

## 12) TECHNICAL DATA

| | |
|---|---|
| • Measurement Method | - Stethoscopy with Stethoscope. |
| • Measurement Range | - Pressure 0 ~ 280 mmHg / ± 3 mmHg<br>- Pulse 30 ~ 200 beats / Minute ± 5% |
| • Operation Environment | - Temp 10°C - 40°C |
| • Humidity | - 30% - 85% HR |
| • Pressure | - Atmospheric Pressure |
| • Operation Mode | - Continuous Operation |
| • Power Supply | - 2 x 1.5V Alkaline LR6 or AA |

## 13) LIMITED WARRANTY

Your set is guaranteed to remain accurate for five years from date of Purchase subject to following conditions:-

1. Warranty - Limited to the accuracy of the manometer gauge only, under normal use. It does not include the Inflation System (Bulb, Valve, Cuff and Bladder). Replacement cost additional.
2. Misused or abused sets are not covered.

## What You Should Know Before Using Sphygmomanometers

**Blood pressure measured at home tends to be lower than when measured in a hospital, clinic or doctor's office.**

Depending on your state of relaxation or stress, your blood pressure can change by 30 to 50 mmHg without you being aware of this.

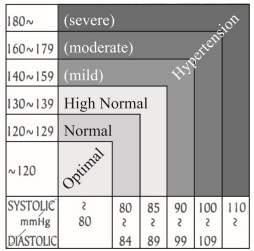
When the blood pressure is measured in a hospital, it may be 25 to 30 mmHg higher than when measured at home. This is because you are tense at the hospital and relaxed at home. It is important to know your stable normal blood pressure at home.

Causes for Changes in Blood Pressure

- Movement
- Mental Tension
- Emotions
- Meals
- Changes in the Environment or Temperature Changes
- Recent Urination or Bowel Movement
- Conversation
- Drinking Alcohol
- Smoking, etc.

You should understand that the blood pressure can change easily.

*The classification for blood pressure values according to WHO*




**Caution: Your Doctor is the only person qualified to evaluate the measuring of your recorded Blood Pressure.**


**SPHYGMOTRON™**
is registered trade mark of
Zohra Wahab Trading Company Pte Ltd
Tel: 65-6747 3316 / Fax: 65-6747 1806
Website: http://www.zowamedical.com.sg


zowa (Since1977)

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# Sphygmotron™
JAPAN

# MERCURY - FREE
## SPHYGMOMANOMETER
## WITH VELCRO CUFF

## MODEL DELUXE
## ZW-303

## HOW TO USE YOUR SPHYGMOTRON™
### MERCURY-FREE SPHYGMOMANOMETER / BP DEVICES

### 1) INTRODUCTIONS

Thank you for buying the SPHYGMOTRON MERCURY-FREE SPHYGMOMANOMETER / Blood Pressure Device.

This blood pressure Device works according to the Riva Rocci / Korotkoff auscultatory method.

SPHYGMOTRON, a Class II Device, utilizes an advanced technology able to make the blood pressure measurement with auscultatory method simple and for immediate reading.

SPHYGMOTRON is an ideal Device for both professional use (in hospital or doctor's practice) and for self-measurement of Blood Pressure at home.

SPHYGMOTRON does not contain mercury: suitable for environmental protection.

Each SPHYGMOTRON blood pressure Device is gauged and undergoes a strict accurate quality control.

Kindly read the Manual Instructions carefully before use, and keep the Device in a safe place.

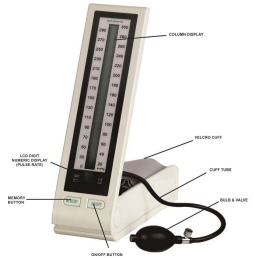
### 2) INTENDED PURPOSE

It is intended for the non-invasive measurement of Systolic and Diastolic blood pressure and determination of heart rate in adult patients, age 18 and above.

### 3) INDICATIONS

It provides a signal from which Systolic, Diastolic, Mean, or any combination of the three pressures can be derived through the use of Velcro Cuffs placed on the surface of the body. It needs the Stethoscope Chest-piece, to hear the Systolic and the Diastolic.

### 4) PRODUCT IDENTIFICATIONS




## 5) INSTRUCTIONS: - CONNECTING THE UNIT AND TUBING

- Open the case and bring the lid to an upright position.
- Connect spare tube extension, as shown (A)
- Then connect Velcro Cuff (B) to the Air Pump Bulb.
- Switch on the power button, the Manometer lights up.
- The instrument is now ready for use.
- After use, please switch power button to "OFF" position.

## 6) TAKING A BLOOD PRESSURE READING AND HOW TO OBTAIN BEST RESULTS

- A quiet place is recommended to minimize noise disturbance.
- Wrap the Velcro cuff and secure the cuff around the upper left arm. Make sure the Velcro cuff is positioned over the brachial artery with the bottom of the cuff one inch above the elbow (Fig 1).

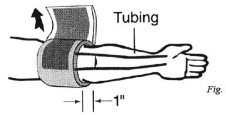


*Fig. 1*

- Place the chestpiece of a stethoscope (Optional/not included) at the artery in the inner arm behind the elbow as per illustration (Fig 2).

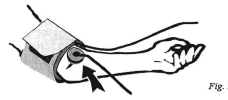


*Fig. 2*

*Positioning of Stethoscope Chestpiece*

- Rest the elbow on a table with palm facing upward. Elevate the hand so the cuff is at the same level as the heart (Fig. 3).

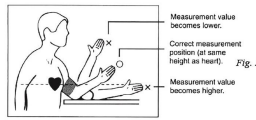


*Fig. 3*

- Apply stethoscope binaural to your ears. Turn the air release valve clockwise to the closed position and inflate the cuff by pumping the air pump bulb.
- While increasing the pressure, carefully listen to the pulse beat and at steady pace to a reading approximately 30mmHg, above the estimated average systolic pressure.
- Deflate the cuff by loosening the air control valve a little. The LED will gradually go down and should remain constant between 2 - 4mmHg.

  Listen carefully, when the first pulse beat is heard again, tighten the air control valve again and read the pressure reading.

  Record the pressure by pressing the Memory Button.

  The reading is the SYSTOLIC (Maximum) blood pressure.
- Loosen the air control valve again while listening to the pulse, and when the beat is no longer heard, tighten the air control valve and read the pressure reading.

  Hereto, to record press the Memory Button.

  This is the DIASTOLIC (Minimum) blood pressure.

  When Measurement is over, Pulse Rate will be displayed on LCD Digit Screen

  This Memory Button function is to mark the Systolic & Diastolic measurements, so that the readings can be reflected visually.

**OPEN THE AIR CONTROL VALVE FULLY AND RELEASE AIR OUT OF CUFF ENTIRELY.**

**ONCE ALL IS DONE THE MARKER ON THE COLUMN WILL SHOW THE SYSTOLIC & DIASTOLIC FOR EASY READING.**

**NOTE: REPEAT THE ABOVE OPERATION TWO OR THREE TIMES TO GET A MORE ACCURATE READING.**

## 7) WARNINGS:-

- Pressure should not be pump more than 300mmHg, after affixing the cuff on the arm.
- Do not place Device under strong sunlight & humidity.
- Do not drop the Device.

## 8) STORING & TRANSPORTATION OF THE UNIT:-

- Store the unit under temperature : -10 to 60 °C
- Maximum Relative Humidity : <=90%RH

## 9) BATTERY PLACEMENT:-

- Check the polarity of battery when placing inside compartment.
- Open upper case & place battery according to +/- polarity & close the cover.
- When not in use for prolong period, please remove the battery to avoid leakage.