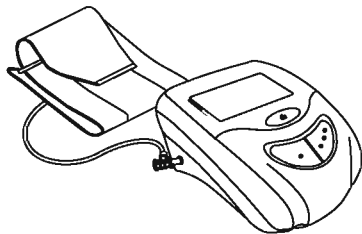


# Fully Fuzzy Auto Digital Upper Arm Blood Pressure Monitor

**Norditalia**  
elettronimedicali



## INSTRUCTION MANUAL

Model BP-1000

CE 0051

Distributed by:  
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### Caution

1. Consult your physician to verify your blood pressure range before obtaining them at home with this unit.
2. If the cuff causes any discomfort during measurement, press the POWER button to turn off the unit immediately.
3. Pull off the velcro strap to detach the arm cuff if the pressure is over 300mmHg and the cuff does not deflate automatically.

Blood pressure measurements obtained with this unit are equivalent to those obtained by a trained person using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Electronic or automated sphygmomanometers.

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## Information You Should Know Before Operating the Unit

### Important Safety Information

- Blood pressure measurement is not suitable in cases of serious arteriosclerosis (hardening of the arteries).
- The pulse display is not suitable for monitoring the frequency of cardiac pace-makers.
- Pregnant women should only measure their own blood pressure in consultation with their doctor, since the readings can be changed by pregnancy.
- Do not use the monitor on babies, young children or persons who cannot express their consent.
- Do not use the monitor for any purpose other than measuring blood pressure.
- Do not use a cellular phone near the monitor. This may result in the monitor operating incorrectly.
- The battery liquid may leak and damage the monitor. Please observe the following points.
- When you are not going to use the unit for a long period of time (approximately three months or more), take out the batteries.
- Replace old batteries with new ones immediately.
- Do not use old and new batteries together.
- Do not insert the batteries with their polarities incorrectly aligned.
- Please remember: Self-measurement is not the same as medical treatment.
- You should never change the dose of medicines prescribed by your doctor but you can help your doctor to optimize the treatment by documenting the measured values. If there are unusual values, please inform your doctor immediately.
- Never unplug the power cord with wet hands.
- Use only the original AC (optional accessory) adapter designed for this unit. Use of unsupported adapters may damage the device.

### What is blood pressure?

A force is created by the heart as the ventricle forcibly ejects blood into the blood vessels and through the transport system. Another force is created by the arteries as they resist the blood flow. Blood pressure is the result of these two forces.

### What are systolic and diastolic pressures?

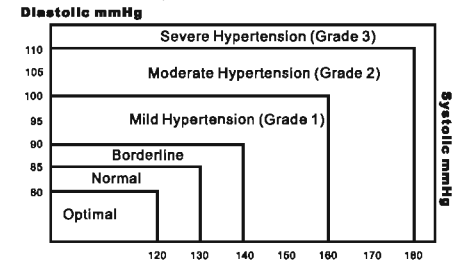
Systolic pressure represents the highest pressure at the height of the heart's contraction. Diastolic pressure is the lowest pressure when the heart is resting.

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## Information You Should Know Before Operating the Unit

### Is my blood pressure normal?

See the following blood pressure classification chart released by the WHO (World Health Organization) for evaluation of your blood pressure level.

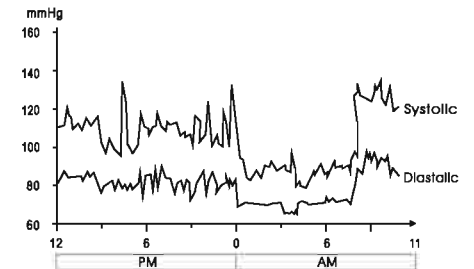


### What about low blood pressure?

In general, a lower blood pressure reading is better unless it causes some uncomfortable symptoms such as fainting and/or lightheadedness.

### Fluctuation and variation in blood pressure

The following chart shows possible blood pressure fluctuations during a 24hr period.

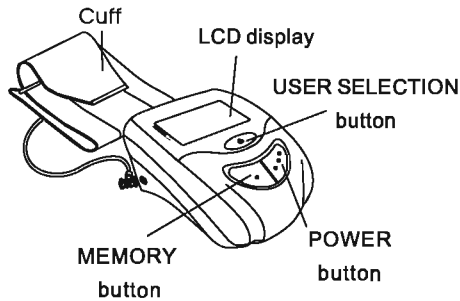


The following factors will influence blood pressure measurement results and cause variations. Bathing

- Breathing
- Conversation
- Drinking Alcohol
- Exercise
- Moving
- Mental tension
- Meals
- Temperature change
- Thoughts
- Smoking, etc.

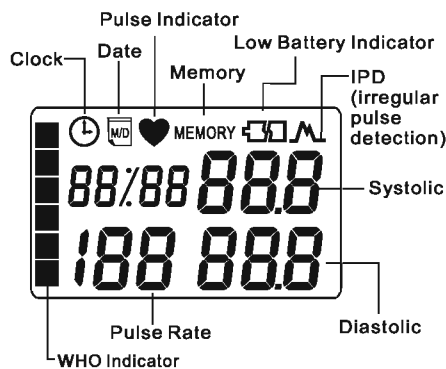
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## About the Unit



The cuff is designed to fit arm sizes between 22 and 32cm (8.7 to 12.6 inches.)

## Explanation of Displays



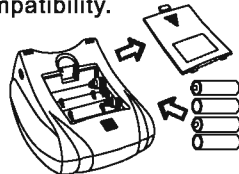
4

## Preparation for Use

### Installing/Replacing Batteries

1. Insert the batteries into the battery compartment matching correct polarities "+" and "-".
2. Replace all batteries if the low battery indicator appears.
3. Remove the batteries if the unit will not be used for a long period of time.
4. **REMOVE all of the BATTERIES when utilizing the optional AC Adapter.**

⚠ Note: It is recommended that the same type of alkaline batteries be used to avoid incompatibility.



### AC Adapter (optional accessory)

It is possible to use an AC adapter (output 6VDC/0.8A) to operate the device.

1. Connect the AC adapter to the socket located on the right side of the device as shown in the figure.

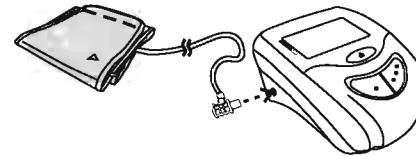


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## Preparation for Use

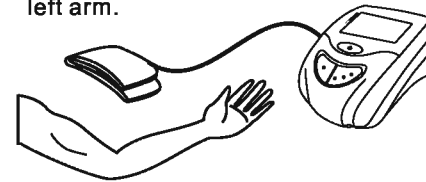
### Attaching the Pressure Cuff to the Unit

1. Connect the tube connector to the socket at the left side of the unit as shown in the figure.

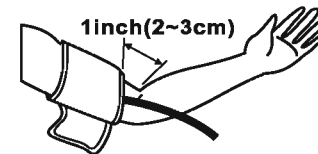


### Attaching the Pressure Cuff around the Arm

1. Wrap the cuff around bare-skinned left arm.



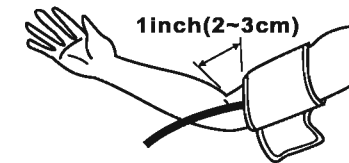
2. Fasten the cuff. Make sure it is not too tight. The cuff's lower edge should be approximately one inch from the crook of the arm.



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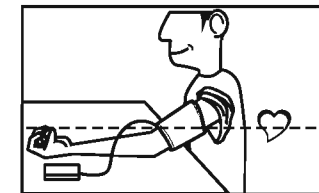
## Preparation for Use

3. If it is not possible to measure on the left arm. Attach the cuff on the right arm as shown in the figure.



### Measuring Posture

1. Sit upright and ensure that the measuring site is at heart level. Relax and measure in a natural position.



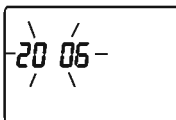
2. Measure and record blood pressure at the same time every day to establish your blood pressure pattern.

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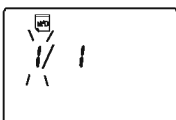
## How to Operate the Unit

### 1. Setting the Clock

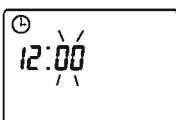
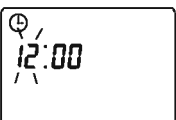
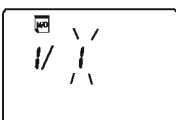
Press and hold the MEMORY button for over three seconds. The display will show a blinking year.



Press the POWER button to adjust the year when it is blinking. Then press MEMORY button again, "month" will appear and blink to be adjusted, and then "date", "hour" and "minute" will follow as you press and release the MEMORY button repeatedly.



Press the POWER button to adjust the values of "month", "date", "hour", and "minute" when they are blinking.



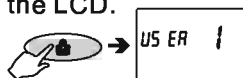
**To adjust the clock**  
Press the POWER button to adjust the values of "month", "date", "hour", and "minute" when they are blinking.

## How to Operate the Unit

### 2. Measuring Blood Pressure

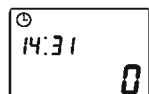
2.1 Press the USER SELECTION button to choose the User number for memory storage. (The default setting is Number 1.)

User selection can also be made or changed by pressing the USER SELECTION button after measurement when the result is displayed on the LCD.

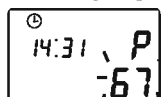


2.2 Press and release the POWER button to start measuring automatically.

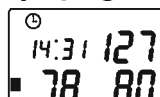
#### Initial display



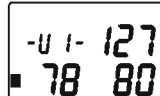
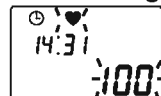
#### Pumping



#### Displaying results

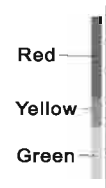


#### Measuring



## How to Operate the Unit


2.3 Depending on the height of the bar, the readout value is either with the normal (green), borderline (yellow) or hypertension (red) range. The classification corresponds to the WHO 6 ranges, as described in page 2.



When the measurement is completed, the display will show the measured blood pressure value and pulse rate.

2.3 Press the POWER button to turn off the unit or it will turn itself off automatically after 150 seconds.

**Note:** The measured value will not be stored if the MEMORY button is not pressed.

**Note:** If the symbol  appears, it means the unit has detected irregular pulse during measurement. If the symbol appears regularly please consult a qualified physician for professional advice.

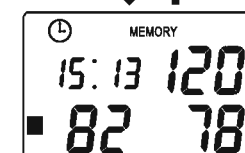
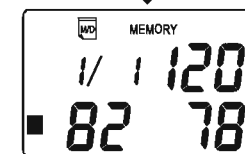
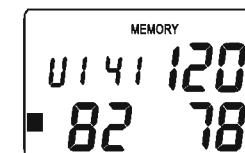
## How to Operate the Unit

### 3. Recalling Memories

3.1 Press and release the MEMORY button to recall the last reading. (Example: the no.41 record). The display will show the memorized pressure value and pulse rate switching back and forth.



3.2 Press the MEMORY button to go to previous memories.



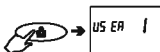
## How to Operate the Unit

### 4. Erasing Memories

You may erase one or all records from each user's memory section.

#### To delete one record:

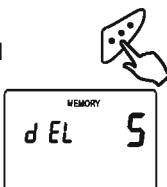
**Step 1:** Press the USER SELECTION button to choose the desired user number.



**Step 2:** Press and release MEMORY button to display records. Press and release MEMORY button again to choose the record that you wish to delete.



**Step 3:** Press and hold the POWER button until the display shows "dEL".



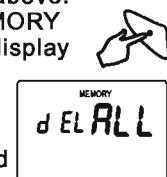
**Step 4:** Press and hold the POWER button. After three beeps are heard, the selected record is deleted.



#### To delete all memories:

Follow steps 1 and 3 above.

**Step 4:** Press the MEMORY button again and the display shows "dEL ALL".



**Step 5:** Press and hold the POWER button. After three beeps are heard, all records are deleted.



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## Care and Maintenance

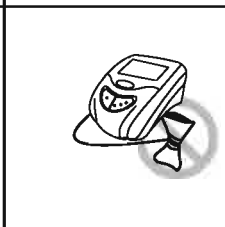
Do not drop the unit. It is not shock-proof.



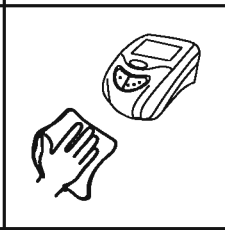
Do not modify or disassemble the unit or the arm cuff.



Do not twist the arm cuff.



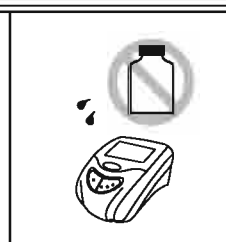
Use a cloth moistened with water or neutral detergent to clean the body of the unit and then wipe it dry.



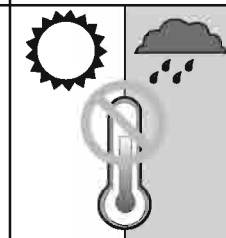
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## Care and Maintenance

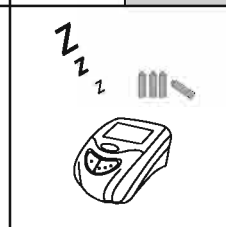
Avoid thinner, benzene, and other harsh cleaners.



Keep the unit in a suitable place. Avoid high temperature, direct sunlight, high moisture, and dust.



Remove the batteries if the unit will not be used for a long time.




Do not press the POWER button if the cuff has not been properly wrapped around the arm.




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## Error Message

Message	Correction
LL Err	The pressure measured was lower than 20mmHg. <b>Please measure again.</b>
UU Err	The pressure measured was higher than 300mmHg. <b>Please measure again.</b>
P Err	Pumping error. <b>Please check cuff and try again</b>
rr Err	The pressure can not be measured due to signal noise. <b>Please measure again.</b>
HI	The pumping pressure is higher than 300mmHg. <b>Please measure again.</b>
 or No display	Low battery. <b>Check and replace the 4 batteries if necessary.</b>

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## Specifications

<b>Display System</b>	Liquid Crystal Display
<b>Measuring Method</b>	Oscillometric
<b>Power Source</b>	4 alkaline type "AA" batteries (1.5V)
<b>Measuring Range</b>	20~300mmHg 40~200 pulse/minute
<b>Accuracy</b>	±3mmHg ±5% pulse rate
<b>Inflation</b>	Electrical rolling pump
<b>Pressure Exhaust</b>	Solenoid valve
<b>Memory</b>	2 x 100 sets
<b>Display</b>	LCD (year/date/time, pressure and pulse)
<b>Low Battery Indicator</b>	Yes
<b>Auto Power-Off</b>	150 secs. w/o any operation
<b>Battery Life</b>	Around 250 operations
<b>Operating Environment</b>	+10°C~+40°C; RH<85% (+50°F~+104°F)
<b>Storage Environment</b>	-10°C~+50°C; RH<85% (14°F~+122°F)
<b>Dimensions</b>	100(W)x140(D)x76(H)mm 4.0(W)x5.5(D)x3.0(H) inches
<b>Weight</b>	Around 375g (Including batteries)
<b>Product Classification</b>	Type BF  equipment

**Specifications are subject to change for improvement without notice.**



Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.

### **WARRANTY : ONE YEAR**

Two years only for EU countries.  
The warranty starts from the purchase's date.

ed. 03/2008