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Beurer BC 32 - Upper arm blood pressure monitor

Slovensky

Manual

Dear customers, thank you for choosing our products. Our name is synonymous with high quality, thoroughly tested products for use in the areas of energy consumption, body temperature, heart rate, gentle manual therapy, massage and air therapy. Please read this manual carefully and keep it for future reference, make sure that it is available to other users and follow the instructions.

Sincerely, Your Beurer Team

1. Getting to know each other

The wrist blood pressure monitor is a non-invasive measure and control of the arterial blood pressure values of adults. With its help, you can quickly and easily measure your blood pressure, save the measured values and have the course of the measured values displayed. You will be warned if you have any heart rhythm problems.

The determined values are classified and graphically assessed according to WHO guidelines. Keep these operating instructions for future reference and make them available to other users.

2. Important instructions

⚠ Instructions for use

- Always measure your blood pressure at the same time of day so that the values can be compared correctly.
- Rest for about 5 minutes before each measurement!
- You should wait 5 minutes between two measurements!
- The measured values can only be used for your information, they do not replace a medical examination! Discuss your values with your doctor, never derive your own medical decisions (eg medicines and their dosage)!
- In the case of limited blood flow to the hand due to chronic or acute vascular diseases (including narrowing of blood vessels), the accuracy of wrist measurements is limited. In this case, do not use a blood pressure monitor on your arm.
- Cardiovascular disease could cause erroneous measurements, even in very low blood pressure, circulatory and rhythm disorders, and other previous conditions.
- Only use the device with a wrist circumference suitable for this device.
- You can only use the blood pressure monitor with batteries. Note that data storage is only possible if your blood pressure monitor is powered. Once the batteries are exhausted, the date and time of the blood pressure monitor will be lost. However, the stored measurement values are retained. Automatic shutdown turns off the blood pressure meter to save battery power if it is not within one minute

some button pressed.

⚠ Storage and care instructions

- The blood pressure meter consists of precise and electronic components. The accuracy of the measured values and the service life of the device depend on careful handling:
- Protect the device against shocks, moisture, dirt, strong temperature fluctuations and direct sunlight.
- Do not drop the device.
- Do not use the device near strong electromagnetic fields, keep it away from radio equipment or mobile phones.
- Do not press the buttons unless the cuff is attached.
- We recommend that you remove the batteries if you will not be using the device for a long time.

⚠ Battery instructions

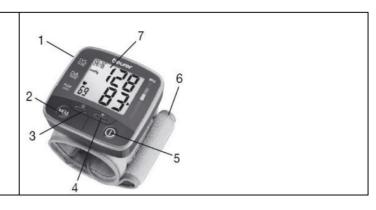
- Batteries can be life-threatening if swallowed. Therefore, keep batteries and products out of the reach of small children. If the battery is swallowed, you must call for medical help immediately.
- Batteries must not be charged or reactivated by other means, disassembled, thrown into a fire or shorted.
- Remove the batteries if they are exhausted or if you will not be using the device for a long time. This will prevent damage that could occur after they have leaked. Always replace all batteries at the same time.
- Do not use different types, brands of batteries or batteries with different capacities. Preferably use alkaline batteries.

(i) Repair and disposal instructions

- Batteries do not belong in the household waste. Please take the discharged batteries to the designated collection points.
- Do not open the device. Failure to do so will void the warranty.
- Do not repair or adjust the device yourself. In this case, perfect function is no longer ensured.
- Repairs may only be performed by customer service or authorized dealers. Before each complaint, first check the batteries and replace them if necessary.
- Dispose of the device in accordance with the Waste Electrical and Electronic Equipment (WEEE) Directive 2002/96 / EC. If you have any questions, please contact the municipal disposal office.

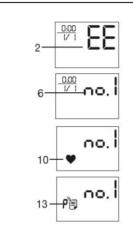
3. Description of the device

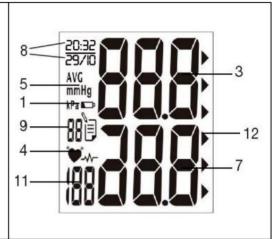
- 1. Battery compartment cover
- 2. "MEM" save button
- 3. Function key ""
- 4. Adjustment button +
- 5. "START / STOP" button
- 6. Wrist cuff
- 7. Display



Indication on the display

- 1. Battery replacement symbol
- 2. EE error symbol
- 3. Systolic pressure
- 4. Heart rhythm disorder symbol 5. mmHg unit
- 6. Symbol for users 1.2
- 7. Diastolic pressure
- 8. Time and date
- 9. Storage number
- 10. Pulse symbol
- 11. Determined pulse value
- 12. WHO classification
- 13. Day / night memory indication (A, P: AM, PM)





4. Preparation of measurements

Insert the battery

- Remove the battery compartment cover on the left side of the device.
- Insert two 1.5 V Micro batteries (alkaline type LR 03). Be sure to insert the batteries with the correct polarity markings.

Do not use rechargeable batteries.

• Then carefully close the battery compartment cover. If the battery replacement symbol appears, it is no longer possible to take measurements, you must replace all batteries. Discharged batteries do not belong in the household waste. Dispose of them through your electrical dealer or local collection point. You are required by law to do so.

Warning: These marks can be found on batteries containing pollutants: Pb: Battery contains lead, Cd: Battery contains cadmium, Hg: Battery contains mercury.

Date and time setting

You should definitely set the date and time. Only then can you save your measurement values correctly with the date and time and recall them later. The time is displayed in 24-hour format. To set the date and time, follow these steps:

- Switch on the blood pressure monitor with the "5" key.
- Press function key "3" for more than 5 seconds.
- The month starts flashing. Use the function key + to set the month 1 12 and confirm your entries with the function key "3"
- Set the day / hour / minute and always confirm your entry with the "3" function key.
- Confirm your selection with function key "3"

5. Blood pressure measurement

Cuff attachment

Uncover your left wrist. Make sure that the blood supply to the hand is not limited by too narrow pieces of clothing. Place the cuff on the inside of your wrist.

- Connect the cuff with Velcro so that the upper edge of the device is placed about 1 cm below the palm.
- The cuff must wrap tightly around the wrists, but must not choke it.

Caution: You can only use the device with the original cuff.

Proper posture

- Rest for about 5 minutes before each measurement! Otherwise deviations may occur.
- You can measure while sitting or lying down. Sit comfortably when measuring blood pressure. Wash your back and arms. Do not cross your legs while sitting. The feet should touch the floor over the entire surface. You need to support your arm and bend it a little.





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In any case, make sure that the cuff is at heart level. Otherwise, significant deviations may occur. Release your arm and palms.

• In order not to skew the measurement results, it is important that you are calm and do not speak during the measurement.



Memory selection

Switch on the blood pressure monitor with the button, select the desired memory location by pressing the "+" function key.

You have two memories, each with 60 memory locations, so that you can store the measurement results of 2 different people separately or

save blood pressure measurements in the morning and evening.

Blood pressure measurement

- Attach the cuff as described above and take the position in which you want to measure.
- Use the "+" buttons to select user memory 1 or 2. Press the button to start the measurer ent. After checking the display, all digits are lit, the cuff inflates automatically. The device detects values already during inflation, these values are used to estimate the pressure required during inflation. If this pressure is not sufficient, the device will automatically inflate.
- Then the cuff pressure is slowly read and recorded by the pulse.
- After the measurement, the remaining air is released very quickly. Pulse, systolic and diastolic blood pressure appear on the display.
- You can interrupt the measurement at any time by pressing.
- The symbol E_ appears if the measurement could not be performed correctly. Observe the chapter Error message / rectification in these operating instructions and repeat the measurement.
- The unit turns off automatically after 1 minute.

Wait at least 5 minutes before measuring again!

Evaluation of results

Heart rhythm disorders:

This device can identify possible heart rhythm disorders during the measurement and the symbol also warns of this after the measurement. This may be a sign of an arrhythmia. An arrhythmia is a disease in which the heart rhythm is abnormal due to disorders in the bioelectric system that control the heartbeats. Symptoms (missed or premature heartbeats, slower or too fast pulse) can be seen. infer from heart disease, old age, physical dispositions, excessive eating, stress or lack of sleep. An arrhythmia can only be detected by your doctor.

Repeat the measurement if the arrhythmia symbol appears on the display after the measurement. Make sure that you rest for 5 minutes before the measurement and do not talk or move during the measurement. If the arrhythmia symbol appears frequently, please consult your doctor. Self-diagnosis and treatment based on measurement results can be dangerous. Be sure to follow your doctor's instructions.

WHO classification:

According to the guidelines / definitions of the World Health Organization (WHO) and the latest knowledge, the measurement results can be classified and assessed according to the following table.

The bar graph on the display and the scales on the device show in which range the detected blood pressure is located.

Blood pressure range	Systola (v mmHg)	Diastola (v mmHg)	Measure
Grade 3: severe hypertension> = 180	Grade	>=110	See a doctor
2: moderate hypertension Grade 1: m hypertension 140-159 High normal pr		100-109	See a doctor
130-139 Normal pressure 120-129 O	otimal	90-99	Regular check-ups with a doctor
pressure <120 Source: WHO, 1999		85-89	Regular check-ups with a doctor
		80-84	Self control
		<80	Self control

If the systole and diastole values were in two different WHO ranges (eg systole in the "high normal" range and diastole in the "normal" range), then the WHO graphic distribution on the instrument will always show a higher value, in the example described "high normal". ".

6. Save, recall and delete measurement values

• The results are saved with the date and time after each successful measurement.

If there is more than 60 measurement data in the memory, the oldest data is currently deleted.

• Make your selection with the "MEM" key and then select the desired user memory with the "+" key. When the "MEM" key is pressed again, the average value of all stored user memory measurements appears. After pressing the "MEM" button again, the average value of the last 7 days of the daily measurement will appear. (day: 5.00 - 9.00,

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indication "A"). After pressing the "MEM" button again, the average value of the last 7 days of night measurement will appear. (night: 17.00 - 21.00, indication "P"). When the "MEM" memory key is pressed again, the last value of the individual measurements with date and time appears.

- To clear the memory, first press the "MEM" button, No. will appear on the display. 1. You can then select the user memory with the "+" key and confirm your selection with the "MEM" key. Now simultaneously press the "+" buttons for 5 seconds and the display will show "CLA". (Na
- To change the user memory, observe the "Memory selection" chapter.

7. Error message / error correction

If an error occurs, the error message E_ will appear on the display. Error messages may appear if:

- 1. Inflation pressure exceeding 300 mmHg E2;
- 2. the measured blood pressure value is extremely high or low E3,
- 3. you have moved or talked during the measurement (Next to E3, the display also shows the heart rate symbol \(\frac{\pi}{r}\).
- 4. the cuff hose is not inserted correctly E1,
- 5. inflation takes longer than 25 seconds E1.

In these cases, repeat the measurement. Make sure that the cuff hose is inserted correctly and that you do not move or talk. Reinsert or replace the batteries if necessary.

8. Cleaning and care

- Carefully wipe the blood pressure computer with a slightly damp cloth.
- Do not use any cleaning agents or solvents.
- Under no circumstances should the device be washed under water, as this could allow liquid to enter and damage the device.
- Do not place heavy objects on the device.

9. Technical parameters

Model no.

3C 32

Measurement method Oscillating, non-invasive measurement of blood pressure on the wrist

Measuring range systolic 40 - 280 mmHg, diastolic 40 - 280 mmHg, pulse 40 - 199 beats / minute

Pressure indication accuracy systolic \pm 3 mmHg / diastolic \pm 3 mmHg / pulse \pm 5% of displayed value Measurement uncertainty Max. clinical trial standard deviation: systolic 8 mmHg / diastolic 8 mmHg

Memory 2 x 60 data lines to store

Dimensions D69 x S66 x H31 mm

Weight approximately 115 g

Cuff size For wrist circumference about 135 to 195 mm

Permissible operating temperature +10 ° C to +40 ° C, <85% relative humidity

Permissible -20 ° C to +70 ° C,

storage temperature <85% relative humidity

Power supply 2 x 1.5 V Micro (alkaline type LR 03)

Battery life for about 250 measurements

Accessories Storage case, instructions for use, 2 "AAA" batteries

Classification Application part type BF

Explanation of symbols Application part type BF, Caution! Read the instructions for use!

• This device complies with the European standard EN60601-1-2 and is subject to special precautions regarding electromagnetic compatibility. Be aware that portable and mobile RF communications devices can affect this

device. You can request more detailed information at the customer service address below.

- EU RoHS device for medical devices 93/42 EC, the Medical Products Act and European standards EN1060-1 (Non-invasive blood pressure meters, part 1: General requirements) and EN1060-3 (Non-invasive blood pressure meters, part 3: Specific requirements for electromechanical systems for measuring blood pressure).
- If you use the device for commercial or financial purposes, you must carry out regular technical checks in accordance with the "Medical Device Operator's Ordinance". Even for private use, we recommend that you have a measuring inspection carried out by the manufacturer every two years.

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