

## INSTRUCTION MANUAL

### Home Use Cuffs for Digital Blood Pressure Monitor

#### 1. Before use

- ☐ This instruction manual provides you with important information about A&D cuffs.
- ☐ This product is the upper arm cuff for our non-invasive blood pressure monitor.
- ☐ This product is for A&D Digital Blood Pressure Monitors.

#### 2. Intended Purpose

- ☐ This product is the upper arm cuff used for blood pressure measurement in the home environment.

#### 3. Symbols that are printed on the cuff and the packaging

Symbols	Descriptions
	Artery position mark Set the ● mark on the artery of the upper arm or in line with the ring finger on the inside of the arm.
	Index *1 If the index ▲ points within the proper fit range, you are applying the correct cuff.
	Proper fit range for the cuff size *1 It's an example of the proper fit range printed on the cuffs. The symbol on the cuff is different depending on the type or size of the cuff. <ul style="list-style-type: none"> <li>• "A" range is proper fit range.</li> <li>If the index ▲ points within the "A" range, you are applying the correct sized cuff.</li> <li>• "S" range is under range.</li> <li>If the index ▲ points within the "S" range, we recommend using the smaller sized cuff.</li> <li>• "L" range is over range.</li> <li>If the index ▲ points within the "L" range, we recommend using the larger sized cuff.</li> </ul> Refer to the instruction manual provided with the blood pressure monitors for the compatible cuff type and size with the device.
	Catalog number This number is described in the table at the section 4 below.
	Symbol for showing the manufacturing LOT number. The lot number is printed around this symbol.
	Unique Device Identifier
	Applied part-Type BF *2 Degree of protection against electric shock (leakage current)
	CE marking
	European Authorized Representative
	UK Conformity Assessed marking
	UK Responsible Person
	Medical Device
	Manufacturer
	EU Importer
	UK Importer
	RoHS marking

\*1 The "CUF-G-A" and "CUF-G-A-ISO" listed the following table at the section 4 don't have the symbols of the "Index" and "Proper fit range".

\*2 Applied only for the ISO compatible plugs.

#### 4. Variety of the Cuffs

REF, Catalog Number	Arm Size	Cuff Size
CUF-D-LA-ISO	31-45 cm	Large Adult
CUF-D-MA-ISO	23-37 cm	Semi Large
CUF-D-SA-ISO	16-24 cm	Small Adult
CUF-I-ISO	22-42 cm	Wide range
CUF-F-A-ISO	22-32 cm	Adult
CUF-G-A	17-32 cm	Adult
CUF-G-A-ISO	17-32 cm	Adult
CUF-F-LA	31-45 cm	Large Adult
CUF-F-SL	23-37 cm	Semi Large
CUF-F-A	22-32 cm	Adult
CUF-F-SA	16-24 cm	Small Adult
CUF-I	22-42 cm	Wide range

- ☐ Arm Size: The circumference of an upper arm
- ☐ Using the correct cuff size is important for an accurate reading. If the cuff is not the proper size, an incorrect blood pressure value may be displayed.
- ☐ Refer to the instruction manual provided with the blood pressure monitor for selecting a proper cuff type when to re-purchase a cuff.

#### 5. Specification

Use environment	Temperature: +5 to +40 °C, Humidity: 10 to 85 %RH
Transportation / storage environment	Temperature: -20 to +60 °C, Humidity: 10 to 95 %RH
Useful life	2 years (when used six times a day)

#### 6. Precautions

- ☐ The cuff is a consumable product. Do not use the cuff if it is damaged or has holes. It may burst during measurement.
- ☐ Before use, check the appearance of the cuff and air hose for damage.
- ☐ Do not use it for any purpose other than blood pressure measurement.
- ☐ Keep the air hose out of the reach of toddlers and children to avoid wrapping it around the neck or swallowing small parts. It can cause suffocation.
- ☐ Do not inflate without wrapping the cuff around the upper arm. The cuff may burst.
- ☐ To measure blood pressure, the arm is squeezed by the cuff hard enough to temporarily stop blood flow through the artery. This may cause pain, numbness or redness in the arm, and usually will disappear with time.  
These conditions may appear especially when measurement is repeated successively.
- ☐ Clean the cuff with a dry, soft cloth or a cloth dampened with water and a neutral detergent. Never use alcohol, benzine, thinner or other harsh chemicals to clean the cuff.
- ☐ Avoid tightly folding the cuff or storing it with the air hose twisted for long periods, as this may shorten the life of the cuff.
- ☐ Use the proper cuff size to measure your blood pressure. Improper cuff size can affect measurements and cause over-inflation.
- ☐ The cuff must be disposed of according to applicable local regulations.
- ☐ The cuff cannot be sterilized using an autoclave, EOG, formalin gas, etc.
- ☐ Confirm that all of the parts are included to ensure that the cuff is ready to perform safely and as intended.
- ☐ Confirm for proper operation before use, if the packaging is damaged, unintentionally opened and exposed to environmental conditions outside of those specified.
- ☐ The cuff is not a sterilized product.
- ☐ The cuff is not a disposable product.
- ☐ The cuff is not water resistant. Prevent rain, sweat and water from soiling the cuff.
- ☐ This is a medical device for use by lay person. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.
- ☐ When any serious incident occurs in relation to this product, report to the manufacturer and the regulatory authority in your country.

#### 7. Contraindications

- ☐ Do not apply the cuff on an arm with another medical electrical equipment attached. The equipment may not function properly.
- ☐ People who have a severe circulatory disorder in the arm must consult a doctor before using the product to avoid medical problems.
- ☐ Do not apply the cuff on an arm with an unhealed wound.
- ☐ Do not apply the cuff on an arm receiving an intravenous drip or blood transfusion. It may cause injury or accidents.
- ☐ Do not provide any servicing and perform maintenance while the cuff is in use.

#### 8. How to Use the Cuff

- Wrap the cuff around the upper arm, about 1-2 cm above the inside of the elbow. Apply the cuff directly against the skin, as clothing may cause a faint pulse, and result in a measurement error. \*3
  - Constriction of the upper arm, caused by tightly rolling up a shirtsleeve, may cause inaccurate readings.
  - Confirm that the index ▲ points within the proper fit range. \*4
- \*3 Refer to the illustration on the cuff and the instruction manual provided with the blood pressure monitor for more details.
- \*4 Refer to the instruction manual provided with the blood pressure monitor for complete instructions on operating the device.

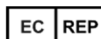
#### 9. Maintenance

- ☐ Do not rub or brush the cuff.
- ☐ Do not wet the connector or cuff connector connection port. Wipe using a dry cloth that does not contain any moisture.
- ☐ Do not immerse the cuff in liquids such as water or antiseptic solutions.



### A&D Company, Limited

1-243 Asahi, Kitamoto-shi, Saitama-ken 364-8585 Japan  
Telephone: [81] (48) 593-1111 Fax: [81] (48) 593-1119



### Emergo Europe B.V.

Westervoortsedijk 60, 6827 AT Arnhem, The Netherlands



### A&D INSTRUMENTS LIMITED

Unit 24/26 Blacklands Way, Abingdon Business Park, Abingdon, Oxfordshire, OX14 1DY, United Kingdom

