

AND

Digital Blood Pressure Monitor

Model UA-782

Instruction Manual

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Dear Customers

Congratulations on purchasing a state-of-the-art A&D blood pressure monitor, one of the most advanced monitors available today. Designed for ease of use and accuracy, this monitor will facilitate your daily blood pressure regimen.

We recommend that you read through this manual carefully before using the device for the first time.

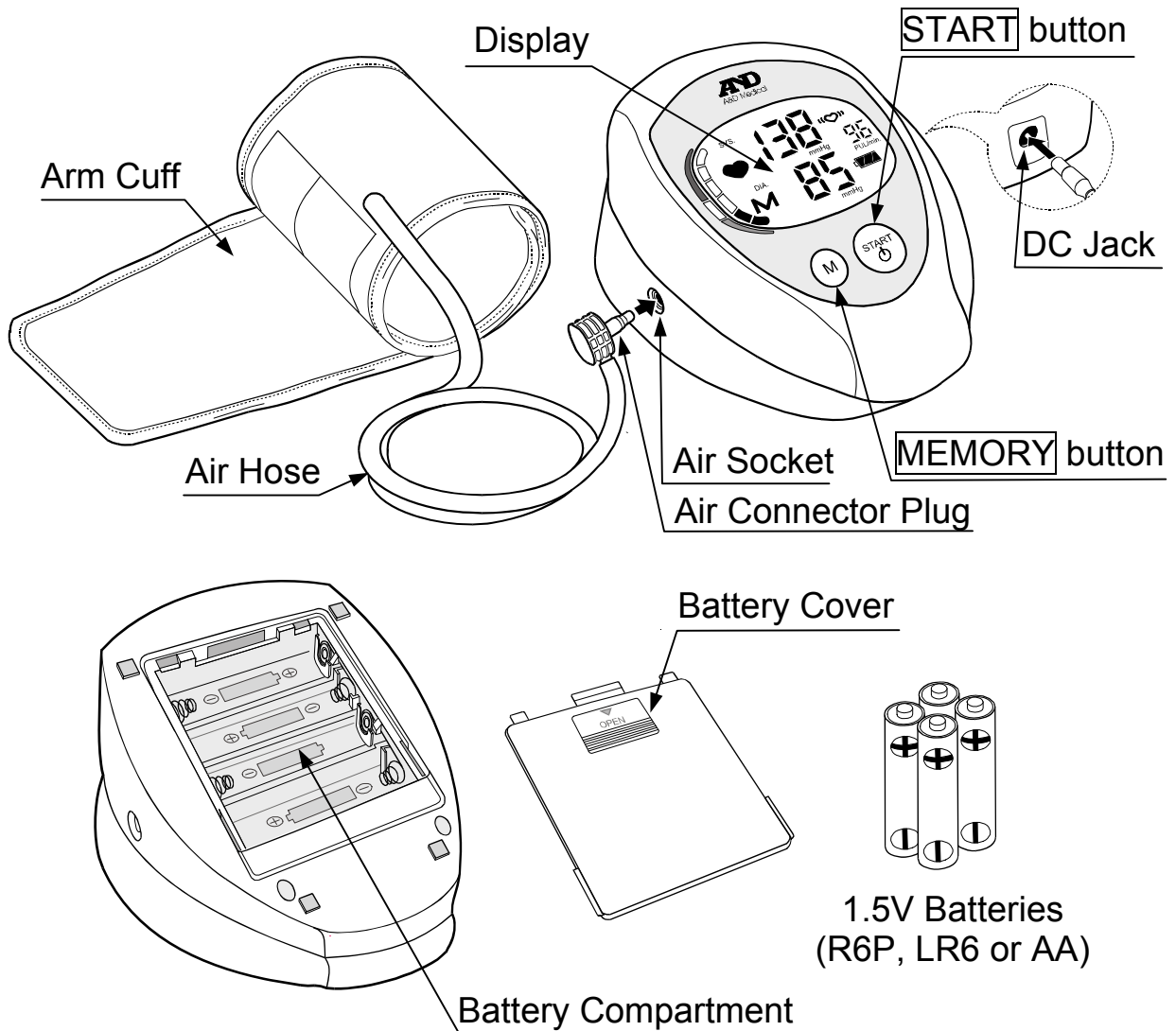
Preliminary Remarks

- This device conforms to the European Directive 93/42 EEC for Medical Products. This is made evident by the **CE**₀₃₆₆ mark of conformity. (0366: The reference number to the involved notified body)
- The device is designed for use on adults only, not newborns or infants.
- Environment for use
The device is for use indoors.

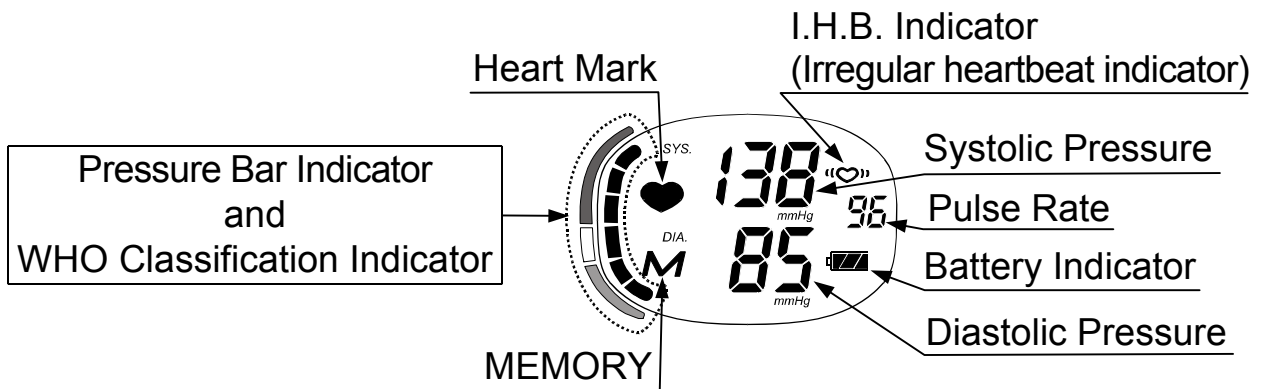
Precautions

- Precision components are used in the construction of this device. Extremes in temperature, humidity, direct sunlight, shock or dust should be avoided.
- Clean the device with a soft, dry cloth. Never use thinner, alcohol, benzine, or wet cloth.
- Avoid tightly folding the cuff or storing the hose tightly twisted for long periods, as such treatment may shorten the life of the components.
- The device and cuff are not water resistant. Prevent rain, sweat and water from soiling the device and cuff.
- Measurements may be distorted if the device is used close to televisions, microwave ovens, cellular telephones, X-ray or other devices with strong electrical fields.
- Used equipment, parts and batteries are not treated as ordinary household waste, and must be disposed of according to the applicable local regulations.


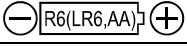








Parts Identification



Part of Display



Symbols

Symbols	Function / Meaning	Recommended Action
	Standby and Turn the device on.	_____
	Battery installation guide	_____
	Direct current	_____
SN	Serial number	_____
	Type BF: Device, cuff and tubing are designed to provide special protection against electrical shocks.	_____
	The indicator that appears while measurement is in progress. It blinks when the pulse is detected.	Measurement is in progress. Remain as still as possible.
	Irregular Heartbeat indicator. (I.H.B.) The indicator that appears when an irregular heartbeat or any excessive body movement is detected during the measurement.	_____
M	Previous measurements stored in MEMORY.	_____
 Full Battery	The battery power indicator during measurement.	_____
 Low Battery	The battery is low when it blinks.	Replace all batteries with new ones, when the indicator blinks.
<i>Err</i>	Unstable blood pressure due to movement during the measurement.	Try the measurement again. Remain very still during the measurement.
	The systolic and diastolic values are within 10 mmHg of each other.	Fasten the cuff correctly, and try the measurement again.
	The pressure value did not increase during inflation.	
<i>Err</i> <i>CUF</i>	The cuff is not fastened correctly.	
<i>Err</i> PUL. DISPLAY ERROR	The pulse is not detected correctly.	
SYS.	Systolic blood pressure in mmHg	_____
DIA.	Diastolic blood pressure in mmHg	_____
PUL./min.	Pulse per minute	_____
 0366	EC directive medical device label	_____
	WEEE label	_____

Operation Mode

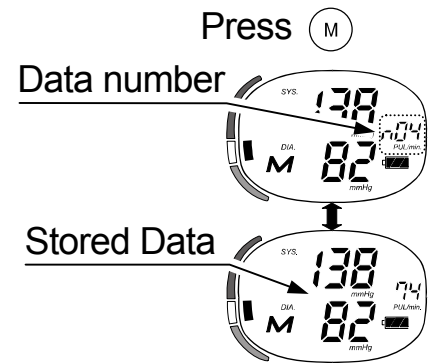
1. Normal Measurement With Storing Data (Refer to page 9)

Press the **START** button. Blood pressure is measured and data is stored within the device. The device can store the last ninety sets of data in memory automatically.

2. Recalling Data (Refer to page 11)

When nothing is displayed, press the **MEMORY** button to appear the data number.

The data number of the most recent measurement and the data are displayed. Stored data are automatically displayed in order from the last data.



3. Clearing Data (Refer to page 11)

Remove batteries to clear all data.
Re-install them again.

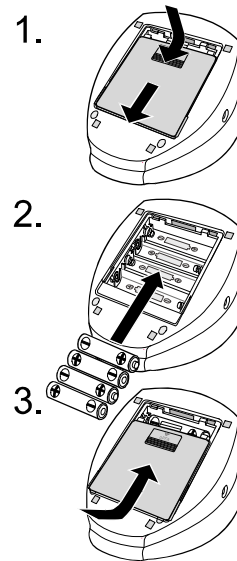
4. Measurement With The Desired Systolic Pressure

Refer to page 10 for the measurement with the desired systolic pressure.



Using the Monitor

Installing / Changing The Batteries

1. Remove the battery cover.
2. Remove the used batteries and insert new batteries into the battery compartment as shown, taking care that the polarities (+) and (-) are correct.
3. Replace the battery cover.
Use only R6P, LR6 or AA batteries.



CAUTION

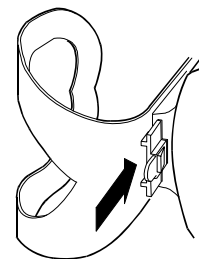
- Insert the batteries as shown in the battery compartment. If not, the device will not work.
- When  (LOW BATTERY mark) blinks on the display, replace all batteries with new ones. Do not mix old and new batteries. It may shorten the battery life, or cause the device to malfunction.
-  (LOW BATTERY mark) does not appear when the batteries are drained.
- Battery life varies with the ambient temperature and may be shorter at low temperatures.
- Use the specified batteries only. The batteries provided with the device are for testing monitor performance and may have a limited life.
- Remove the batteries if the device is not to be used for a long time. The batteries may leak and cause a malfunction.
- The stored data are cleared when the batteries are removed.
- When the AC adapter is used for measurement, memories are cleared after pulling out the AC adapter.

Installing The Cuff Holder

This monitor comes equipped with a removable cuff holder for your convenience. When not in use, simply slip your cuff into the holder for storage.

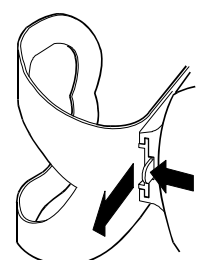
To install the cuff holder:

1. Align the cuff holder with the rear of the blood pressure monitor.
2. Slide the cuff holder into the rear of the blood pressure monitor until it snaps securely into place.



To remove the cuff holder:

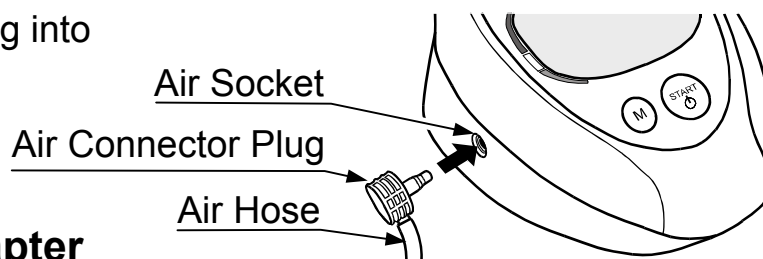
1. Push the tab on the cuff holder away from the blood pressure monitor.
2. Slide the cuff holder away from the blood pressure monitor as shown.



Using the Monitor

Connecting The Air Hose

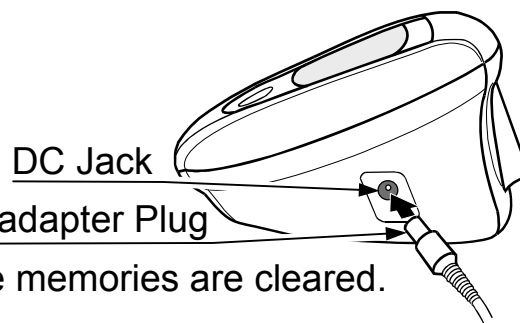
Insert the air connector plug into the air socket firmly.



Connecting The AC Adapter

Insert the AC adapter plug into the DC jack. Then, insert the AC adapter into an electrical outlet.

The AC adapter, the model TB-233, is sold separately.



Note: When the AC adapter is pulled out, the memories are cleared.

Selecting The Correct Cuff

Using the correct cuff size is important for an accurate reading. If the cuff is not the proper size, the reading may yield an incorrect blood pressure value.

- The arm size is printed on each cuff.
- If your arm size is over 32 cm, the Large cuff is proper.

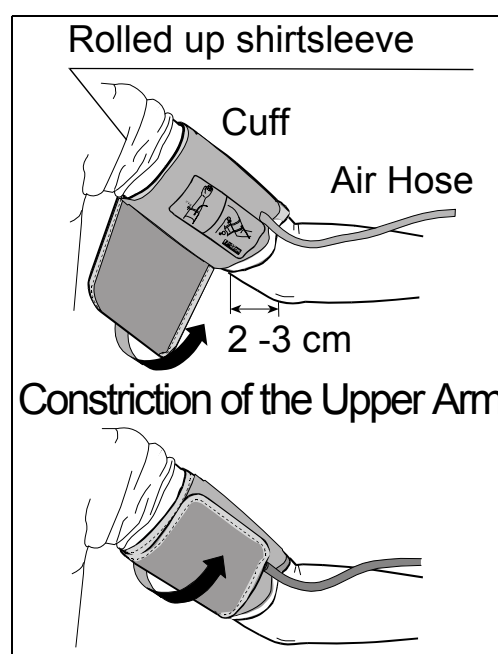
Arm Size	Recommended Cuff Size	Order No.
22 cm to 43 cm	Large cuff	UA-CUFUBKLA-EC
17 cm to 32 cm	Medium cuff	UA-CUFUBKAU-EC
—	Small cuff	—

Arm size: The circumference at the biceps.

Note: Model UA-782 is NOT designed for using a small cuff.

Attaching The Arm Cuff

1. Wrap the cuff around the upper arm, about 2-3 cm above the elbow, as shown. Place the cuff directly against the skin, as clothing may cause a faint pulse, and result in a measurement error.
2. Constriction of the upper arm, caused by rolling up a shirtsleeve, may prevent accurate readings.



Using the Monitor

How To Take Proper Measurements

For the most accurate blood pressure measurement:

- Sit comfortably at a table.
Rest your arm on the table.
- Relax before measurement.
- Place the center of the cuff at the same height as your heart.
- Remain still and keep quiet during measurement.
- Do not measure right after physical exercise or a bath. Rest before taking the measurement.
- Try to measure your blood pressure at the same time every day.

Measurement

During measurement, it is normal for the cuff to feel very tight. (Do not be alarmed)

After Measurement

After measurement, press the START button to turn off the power.
Remove the cuff and record your data.

Note: The device has an automatic power shut-off function, which turns the power off approximately one minute after measurement.

Measurements

Model UA-782 is designed to detect the pulse and to inflate the cuff to a systolic pressure level automatically.


If your systolic pressure is expected to exceed 230 mmHg, read "Measurement With The Desired Systolic Pressure" on the next page.

Normal Measurement

1. Place the cuff on the arm (preferably the left arm). Sit quietly during measurement.

2. Press the **START** button.
The average blood pressures and last data number are displayed briefly. Then the display changes, as indicated in the figure at the right, as the measurement begins. The cuff starts to inflate. It is normal for the cuff to feel very tight. A pressure bar indicator is displayed, as in the figure at the right, during inflation.

Note: If you wish to stop inflation at any time, press the **START** button again.

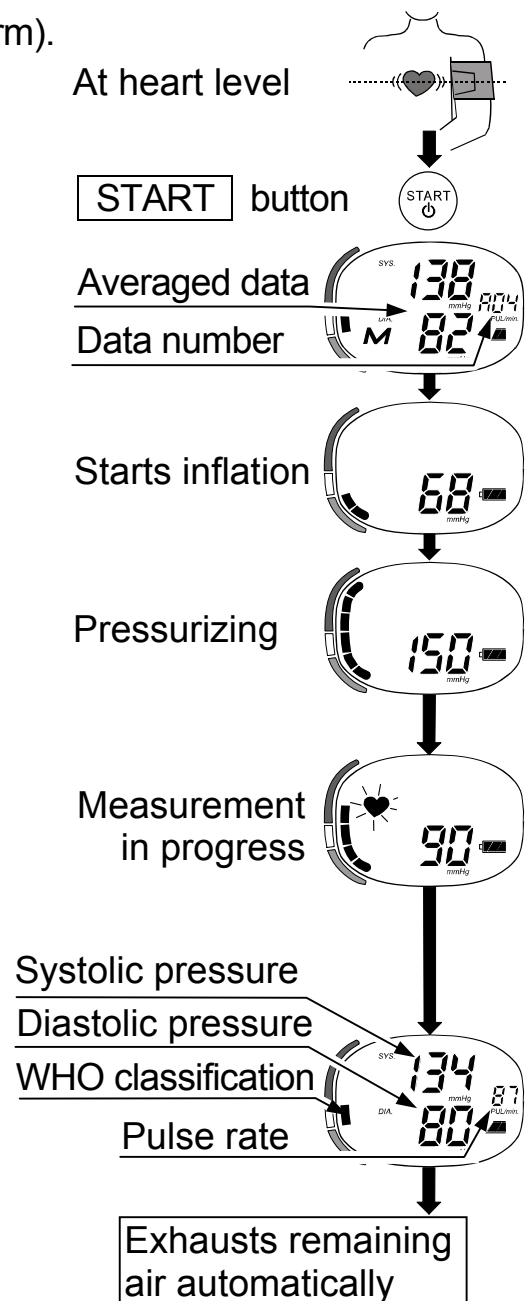
3. When inflation is complete, deflation starts automatically and the  (heart mark) blinks, indicating that the measurement is in progress. Once the pulse is detected, the mark blinks with each pulse beat.

Note: If an appropriate pressure is not obtained, the device starts to inflate again automatically.

4. When the measurement is complete, the systolic and diastolic pressure readings and pulse rate are displayed. The cuff exhausts the remaining air and deflates completely.

5. Press the **START** button again to turn off the power.

Note: Model UA-782 is provided with an automatic power shut-off function. Take a rest between measurements on the same person.

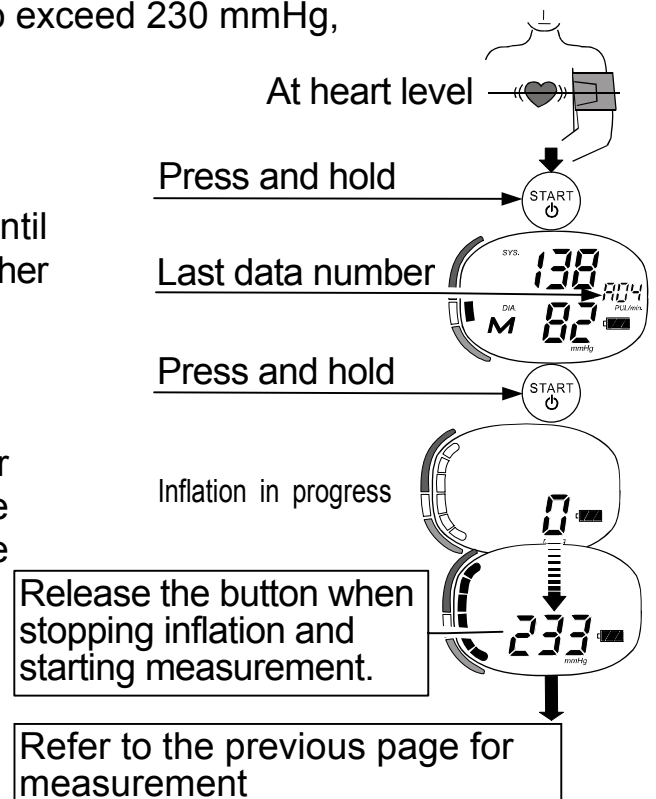


Measurements

Measurement With The Desired Systolic Pressure

If your systolic pressure is expected to exceed 230 mmHg, use this procedure.

1. Place the cuff on the arm (preferably the left arm).
2. Press and hold the **START** button until a number about 30 to 40 mmHg higher than your expected systolic pressure appears.
3. Release the **START** button to start measurement, when the desired number is reached. Then continue to measure your blood pressure as described on the previous page.



Notes For Proper Measurement

- Sit down in a comfortable position. Place the arm to be used for the measurement on a table or other support so that the center of the cuff will be at the same height as your heart.
- Relax before taking a measurement. If you are excited or depressed by emotional stress, the measurement will reflect this stress as a higher (or lower) than normal blood pressure reading and the pulse reading will usually be faster than normal.
- An individual's blood pressure varies constantly, depending on what you are doing and what you have eaten. What you drink can have a very strong and rapid effect on your blood pressure.
- This device bases its measurements on the heartbeat. If you have a very weak or irregular heartbeat, the device may have difficulty determining your blood pressure.
- Should the device detect a condition that is abnormal, it will stop the measurement and display an error symbol. Refer to page 4 for the description of the symbols.
- This device is intended for use by adults only. Consult with your physician before using this device on a child. A child should not use this device unattended.

About Memory

The device automatically stores up to ninety blood pressure and pulse measurements in memory. Data stored in memory are assigned a data number in the order of the newest to the oldest. The oldest data displays as "n01". The M symbol in the lower left corner of the display indicates that you are viewing previous data stored in memory.

Recalling Data

1. When nothing is displayed, press the **MEMORY** button.
The data number of the most recent measurement and the data are displayed.
2. If you want to see the previous data, press the **MEMORY** button until getting the data you want.
3. The display will shut off automatically one minute after you press the **MEMORY** button.

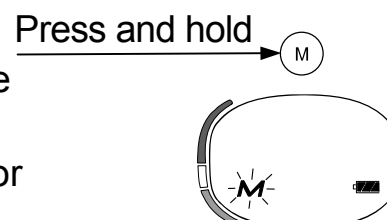


Note: If press the **START** button when recalling data, the display shuts off.

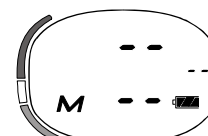
Clearing Data

To clear all data stored in memory:

- Press and hold the **MEMORY** button until the "M"(memory) mark blinks three times.
- Remove the batteries and press the **START** or the **MEMORY** button.
Re-install them again.



If there is no stored data in the memory, "--" will appear.



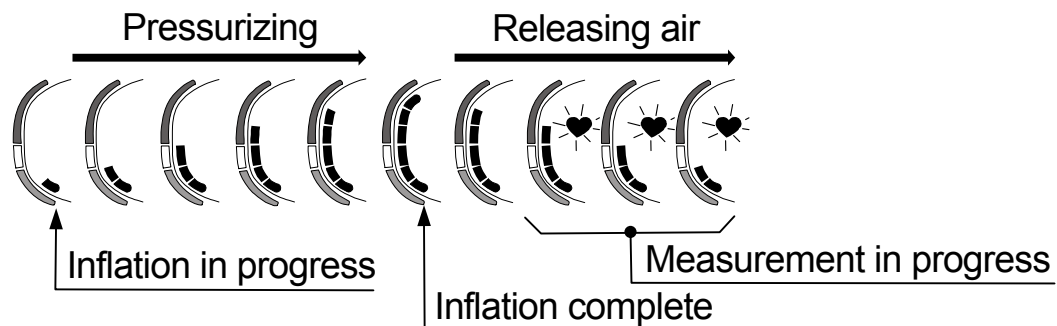
What Is An Irregular Heartbeat

Model UA-782 provides a blood pressure and pulse rate measurement even when an irregular heartbeat occurs. An irregular heartbeat is defined as a heartbeat that varies by 25% from the average of all heartbeats during the blood pressure measurement. It is important that you be relaxed, remain still and do not talk during measurements.

Note: We recommend contacting your physician if you see this ((♡)) indicator frequently.

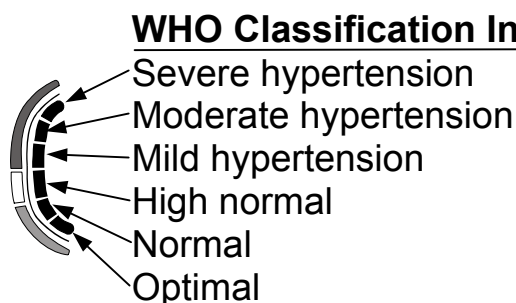
Pressure Bar Indicator

The indicator monitors the progress of pressure during measurement.



WHO Classification Indicator

Each six segments of the bar indicator correspond to the WHO blood pressure classification described on the next page.



■: The indicator displays a segment, based on the current data, corresponding to the WHO classification.

Example:



Moderate hypertension



Mild hypertension



High normal

About Blood Pressure

What Is Blood Pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands. Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

What Is Hypertension And How Is It Controlled?

Hypertension, an abnormally high arterial blood pressure, if left unattended, can cause many health problems including stroke and heart attack. Hypertension can be controlled by altering lifestyle, avoiding stress, and with medication under a doctor's supervision.

To prevent hypertension or keep it under control:

- Do not smoke
- Exercise regularly
- Reduce salt and fat intake
- Have regular physical checkups
- Maintain proper weight

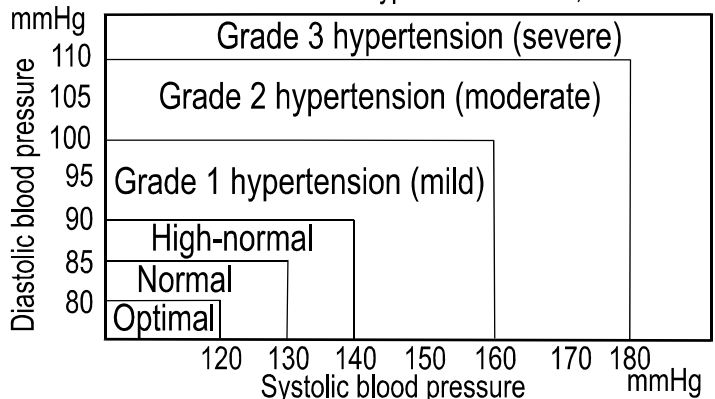
Why Measure Blood Pressure At Home?

Blood pressure measured at a clinic or doctor's office may cause apprehension and can produce an elevated reading, 25 to 30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

WHO Blood Pressure Classification

Standards to assess high blood pressure, without regard to age, have been established by the World Health Organization (WHO), as shown in the chart.

Reference Material: Journal of Hypertension 1999, Vol 17 No.2



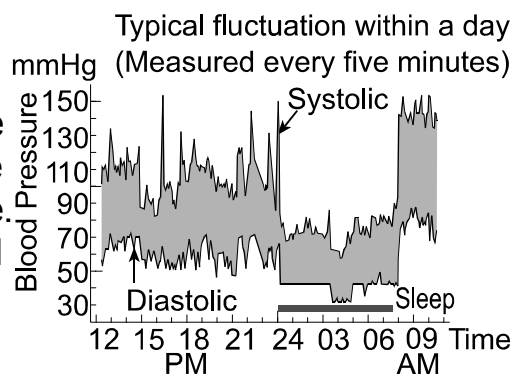
Blood Pressure Variations

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In hypertensive individuals' variations are even more pronounced. Normally, the blood pressure rises while at work or play and falls to its lowest levels during sleep. So, do not be overly concerned by the results of one measurement.


Take measurements at the same time every day using the procedure

described in this manual to get to know your normal blood pressure.

Regular readings give a more comprehensive blood pressure history. Be sure to note date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.



Troubleshooting

Problem	Possible Reason	Recommended Action
Nothing appears on the display, even when the power is turned on.	Batteries are drained.	Replace all batteries with new ones.
	Battery terminals are not in the correct position.	Reinstall the batteries with negative and positive terminals matching those indicated on the battery compartment.
The cuff does not inflate.	Battery voltage is too low.  (LOW BATTERY mark) blinks. [If the batteries are drained completely, the mark does not appear.]	Replace all batteries with new ones.
The device does not measure. Readings are too high or too low.	The cuff is not fastened properly.	Fasten the cuff correctly.
	You moved your arm or body during the measurement.	Make sure you remain very still and quiet during the measurement.
	The cuff position is not correct.	Sit comfortably and still. Raise your hand so that the cuff is at the same level as your heart.
	_____	If you have a very weak or irregular heart beat, the device may have difficulty in determining your blood pressure.
Other	The value is different from that measured at a clinic or doctor's office.	Refer to "Why Measure Blood Pressure At Home"
	_____	Remove the batteries. Place them back properly and try the measurement again.



Note: If the actions described above do not solve the problem, contact the dealer. Do not attempt to open or repair this product, as any attempt to do so will make your warranty invalid.

Maintenance

Do not open the device. It uses delicate electrical components and an intricate air unit that could be damaged. If you cannot fix the problem using the troubleshooting instructions, request service from your dealer or from the A&D service group. The A&D service group will provide technical information, spare parts and units to authorized dealers.

The device was designed and manufactured for a long service life. However it is generally recommended to have the device inspected every 2 years, to ensure proper functioning and accuracy. Please contact either your authorized dealer or A&D for maintenance.

Technical Data

Type	UA-782
Measurement method	Oscillometric measurement
Measurement range	Pressure: 20 - 280 mmHg Pulse: 40 - 180 beats / minute
Measurement accuracy	Pressure: ± 3 mmHg or 2%, whichever is greater Pulse: $\pm 5\%$
Power supply	4 x 1.5V batteries (R6P, LR6 or AA) or AC adapter (TB-233) (Not included)
Classification	Type BF 
Clinical test	According to ANSI / AAMI SP-10 1987
EMC	IEC 60601-1-2: 2001
Memory	Last 90 measurements
Operating condition	+10°C to +40°C / 30%RH to 85 %RH
Storage condition	-10°C to +60°C / 30%RH to 95 %RH
Dimensions	Approx. 116 [W] x 88.5 [H] x 146.5 [D] mm
Weight	Approx. 320 g, excluding the batteries
	 0366
Accessory AC adapter	The adapter is to connect the blood pressure monitor to a power source at home.
TB-233	Please contact your local A&D dealer for purchasing.

Note: Specifications are subject to change without prior notice.



A&D Company, Limited

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

A&D INSTRUMENTS LTD.

<Authorized Representative Established in the European Community>

Unit 24/26 Blacklands Way, Abingdon Business Park, Abingdon, Oxfordshire OX14 1DY United Kingdom
Telephone: [44] (1235) 550420 Fax: [44] (1235) 550485

A&D MERCURY PTY. LTD.

32 Dew Street, Thebarton, South Australia 5031 AUSTRALIA
Telephone: [61] (8) 8301-8100 Fax: [61] (8) 8352-7409