



Digital Blood Pressure Monitor

Model UA-705

Instruction Manual

ENGLISH

Manuel d'instructions

FRANÇAIS

Manual de Instrucciones

ESPAÑOL

Manuale di Istruzioni

ITALIANO

使用手册

中文

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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.

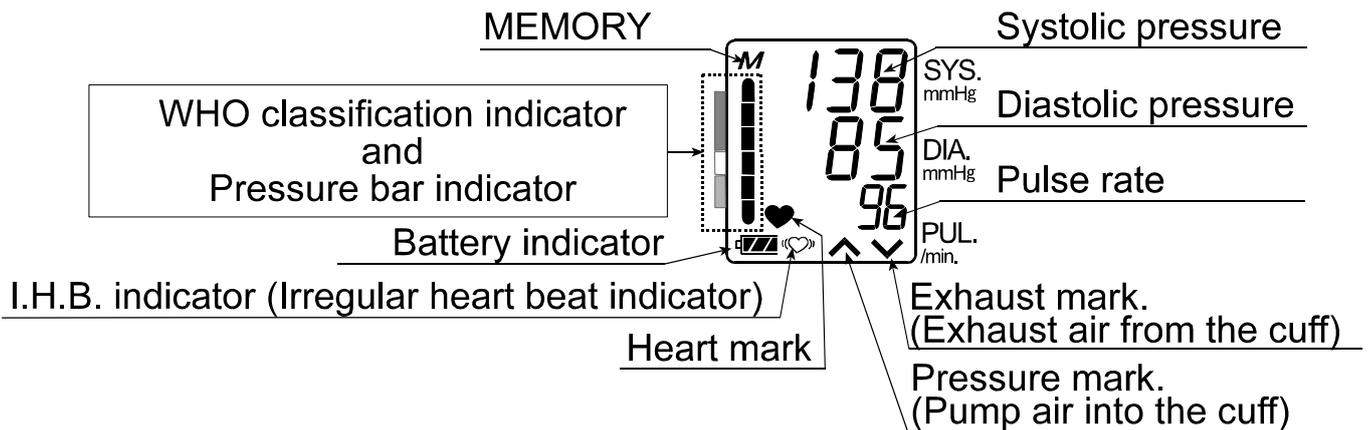
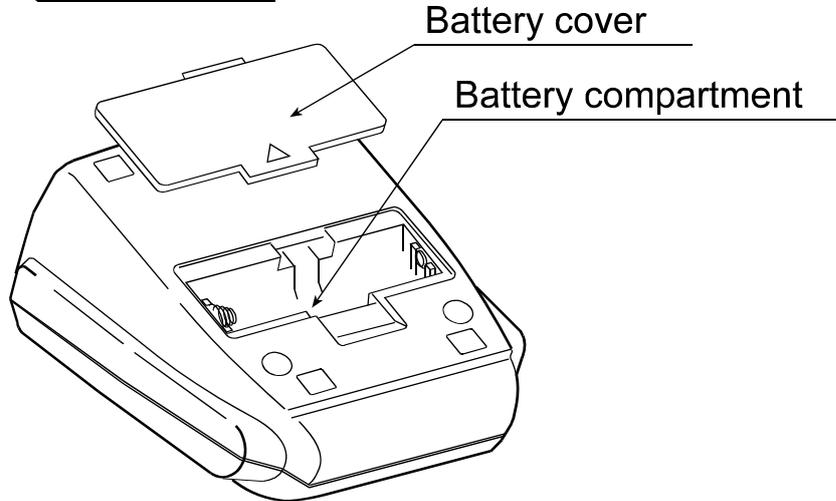
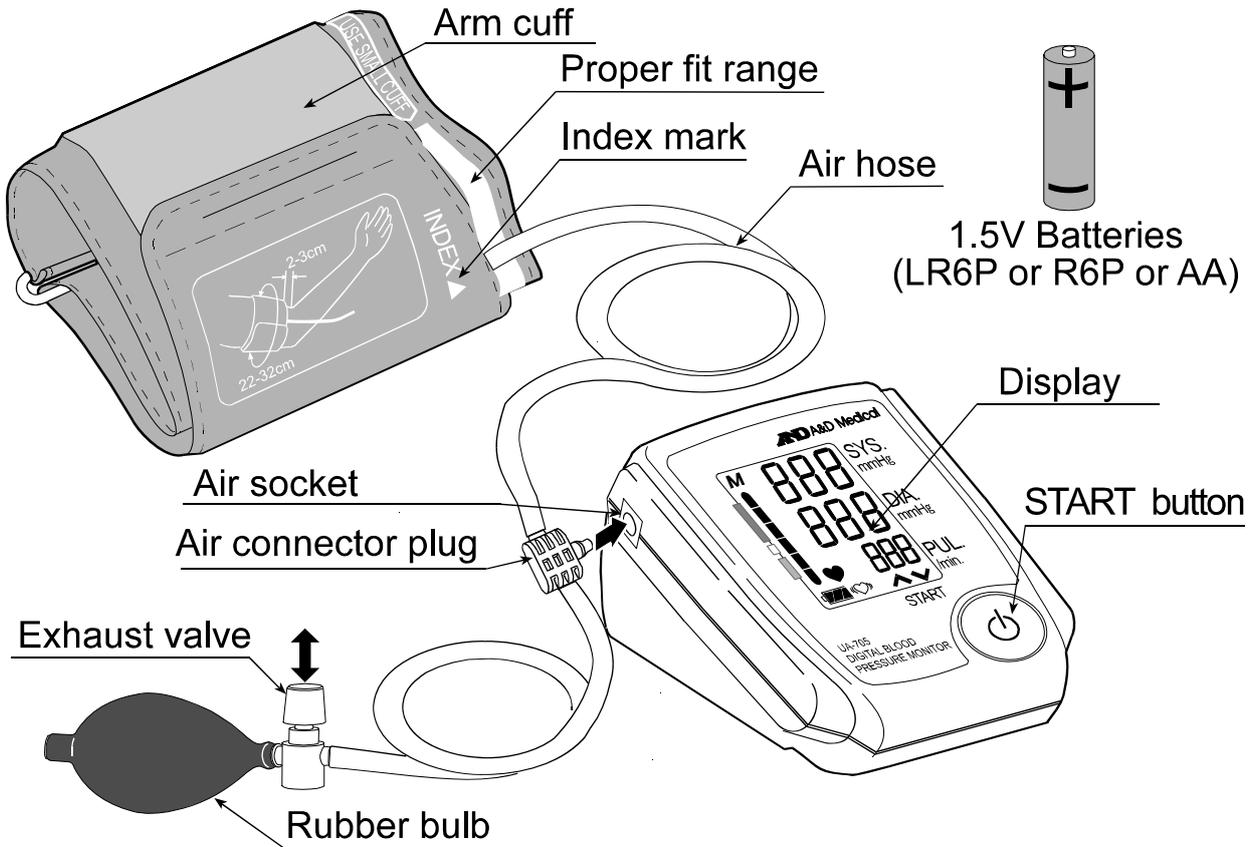
Preliminary Remarks

- 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.

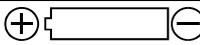
Precautions

- 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 a 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



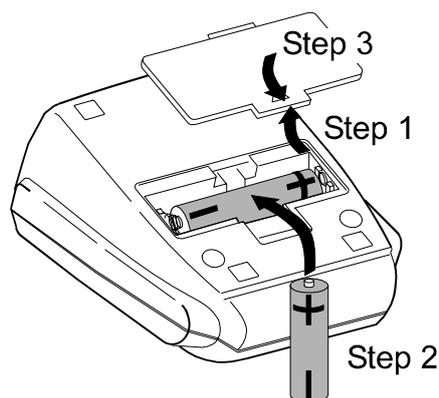
Symbols

Symbols	Function / Meaning	Recommended Action
	Standby and ON switch.	_____
	Battery installation guide	_____
SN	Serial number	_____
2005 	Date of manufacture	_____
	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.	_____
	Flashes when there is air remaining in the cuff at power up. Flashes at the completion of the measurement until exhaust is complete.	Press the exhaust valve button to exhaust air from the cuff.
	Flashes when pressure is insufficient for the measurement.	Pump air into the cuff with the rubber bulb.
M	Previous measurements stored in memory.	_____
 Full Battery	Indicates remaining battery power.	_____
 low Battery	Blinks when battery is low.	Replace battery with new one when the indicator blinks.
Err	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.	Check the air hose connector plug and cuff. Fasten the cuff correctly, and try the measurement again.
	The pressure value did not increase during inflation.	
	The cuff is not fastened correctly.	Check the air hose connector plug and cuff. Fasten the cuff correctly, and try the measurement again.
	The pulse is not detected correctly.	
	EC directive medical device label	_____
	WEEE label	_____

Using The Monitor

Installing / Changing The Batteries

1. Remove the battery cover.
2. Insert a new battery into the battery compartment as shown, taking care that the polarities (+) and (-) are correct. Use only R6P, LR6, AA or equivalent battery.
3. Close the battery cover.

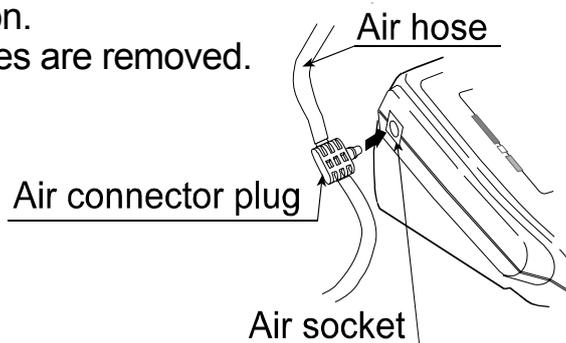


CAUTION

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

Connecting The Air Hose

Insert the air connector plug into the air socket firmly.



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.
- The index ▲ and proper fit range, on the cuff, tell you if you are attaching the correct cuff. (Refer to "**Attaching The Arm Cuff**" on next page)
- If the index ▲ points outside of the range, contact your local dealer to purchase a replacement cuff.

USE SMALL CUFF PROPER FIT RANGE USE LARGE CUFF

INDEX ▲

Arm Size	Recommended Cuff Size	Order No.
32 cm to 45 cm	Large cuff	UA-CUFDBKLA-EC
22 cm to 32 cm	Medium cuff	UA-CUFDBKAU-EC
—	Small cuff	—

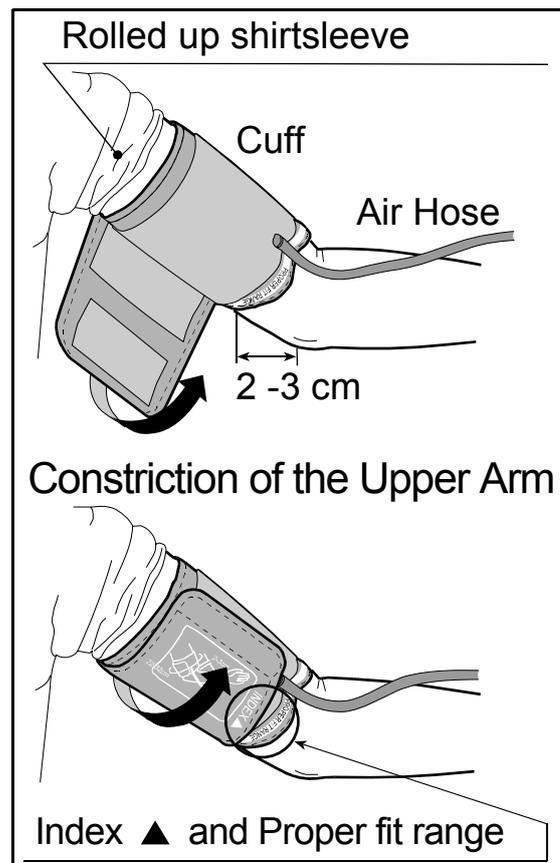
Arm size: The circumference at the biceps.

Note: This UA-705 monitor is NOT designed for using a small cuff.

Using The Monitor

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.
3. Confirm that the index ▲ points within the proper fit range.



How To Take Proper Measurements

For the most accurate blood pressure measurement:

- Sit comfortably at a table. Rest your arm on the table.
- Relax for about five to ten minutes 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 for twenty or thirty minutes before taking the measurement.
- Try to measure your blood pressure at the same time every day.

Measurement (Operation)

During measurement, it is normal for the cuff to feel very tight.

Select a measurement mode (operation of the device).

Normal measurement with storing data : Press the **START** button.

Recalling data : Press and hold the **START** button to recall data.

Clearing data : Remove the battery and re-install it.

After Measurement

After the measurement is completed, remove the cuff and record your data, then press the **START** button to turn off the power.

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

Allow at least three minutes between measurements on the same person.

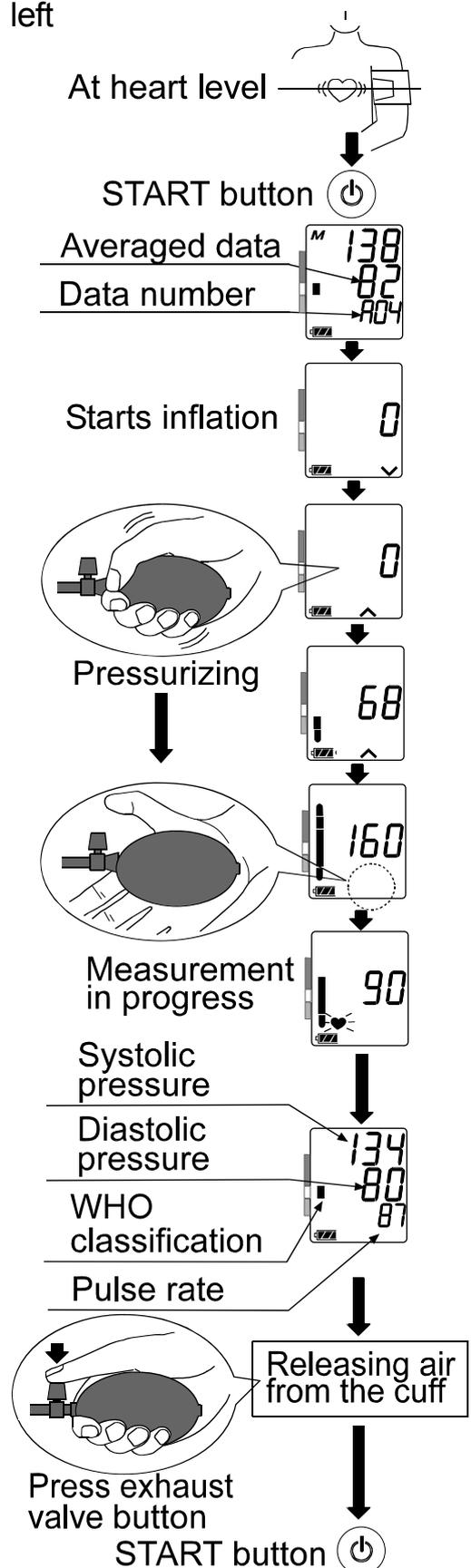
Measurements

Measurement With Storing Data

1. Place the cuff on the arm (preferably the left arm).
Sit quietly during measurement.
2. Press the **START** button.
 - The buzzer sounds and the average blood pressures and the WHO classification and last data number are displayed briefly.
 - When the " 0 " is flashing, the device is ready for measurement. If the **∇** mark is displayed, the cuff has some air trapped in it. Press the exhaust valve button until the **∧** mark is displayed.
3. Pressurize the cuff by squeezing the rubber bulb.
 - A pressure bar indicator and the current pressure are displayed.
 - Stop squeezing the rubber bulb when the **∧** mark disappears.

Note: If you want to stop inflation at any time, stop squeezing the rubber bulb and press the exhaust valve button to expel the air from the cuff.

4. When inflation is complete, deflation starts automatically and the buzzer sounds and the **♥** (heart mark) blinks, indicating that the measurement is in progress. Once the pulse is detected, the mark flashes and the buzzer sounds with each pulse beat.
5. When the measurement is complete, the buzzer sounds and the **∇** mark is displayed. The systolic and diastolic pressure readings and pulse rate are displayed and stored.
6. Press the exhaust valve button to completely release air from the cuff.
 - When a measurement is made with insufficient pressure, the **∧** mark will be displayed. Re-pressurize the cuff. Stop squeezing the rubber bulb when the **∧** mark disappears.



- When a measurement is made with an erratic pulse or in a very noisy environment, *E r r* will display.

7. Turning the power off

Press the **START** button to turn the power off.
The device will be in standby mode.

8. Subsequent measurements

If a subsequent measurement is required, turn off the power and turn it on again. When "0 " is displayed, the device is ready for another measurement.

Note: Allow at least three minutes between measurements on the same person.

9. Automatic power-off function

If the device is left on after a measurement, it will turn off automatically after about one minute. It may be turned off at any time by pressing the **START** button.

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 for about five or ten minutes 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.
- Your 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 descriptions of the symbols.
- This blood pressure 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.

Operation Mode

❑ **Measurement with storing data** (Refer to page 7)

Press the **START** button. Blood pressure is measured and data is stored within the device. The device can store the last thirty sets of data for each button.

❑ **Recalling data**

Press and hold the **START** button to recall the data. Stored data are automatically displayed in order from the last data.

❑ **Clearing data**

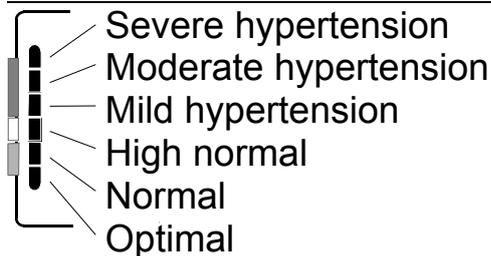
Remove battery to clear all data. Re-install it again.



WHO Classification Indicator

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

WHO Classification Indicator



Example:

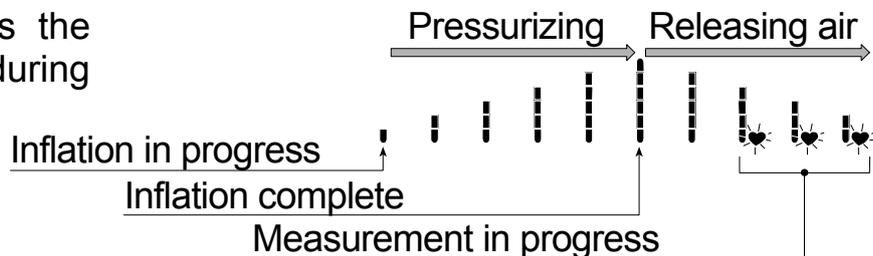
Moderate hypertension



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

Pressure Bar Indicator

The indicator monitors the progress of pressure during measurement.



What Is An Irregular Heartbeat?

Model UA-705 blood pressure monitor 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 are relaxed, remain still and do not talk during measurements.

Note: We recommend contacting your physician if you see this «♥» indicator frequently.

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 one's lifestyle, avoiding stress, and with medication under a doctor's supervision. To prevent hypertension or to keep it under control:

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

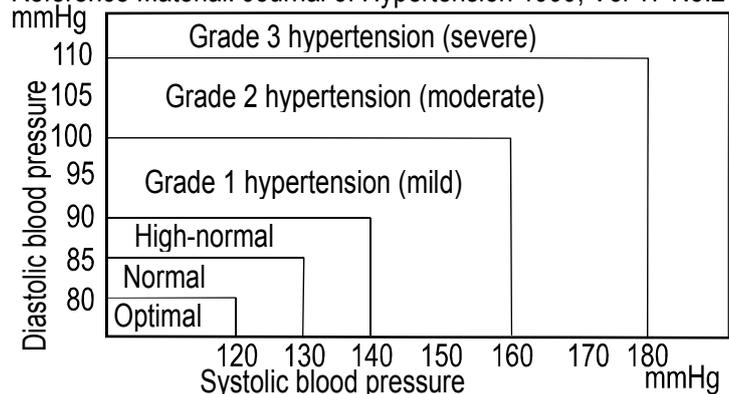
Why Measure Blood Pressure At Home?

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 on the right.

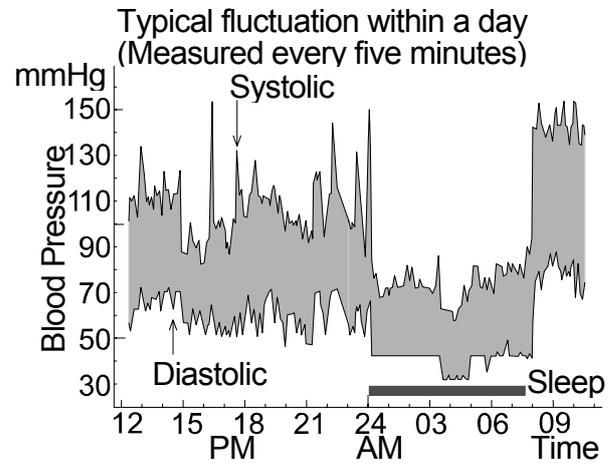
Reference Material: Journal of Hypertension 1999, Vol 17 No.2



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 individual 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 in the display, even when the power is turned on.	Battery is drained.	Replace all battery with a new one.
	Battery polarities are not in the correct position.	Reinstall the battery with its negative and positive end matching those indicated in the battery compartment.
The unit 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. Ensure that the cuff is the same level as the 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.	See "Why measure blood pressure at home?".
	_____	Remove the battery. Re-install it 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 monitor 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-705
Measurement method	Oscillometric measurement
Measurement range	Pressure: 20 - 280 mmHg Pulse: 40 - 200 beats / minute
Measurement accuracy	Pressure: ± 3 mmHg or 2%, whichever is greater Pulse: $\pm 5\%$
Power supply	1 x 1.5V batteries (R6P, LR6 or AA)
Classification	Type BF 
Clinical test	According to ANSI / AAMI SP-10 1987
EMC	IEC 60601-1-2: 2001
Data memory	Last 30 measurements
Operating condition	+10°C to +40°C / 30%RH to 85 %RH
Storage condition	-10°C to +60°C / 30%RH to 85 %RH
Dimensions	Approx. 81 [W] x 54 [H] x 105 [D] mm
Weight	Approx. 120 g, excluding battery
	 0366

Note: Specifications are subject to change for improvement without prior notice.



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