

Little Doctor LD-521, LD-521A, LD-521U

INSTRUKCJA OBSŁUGI CIŚNIENIOMIERZA CYFROWEGO LD

HASZNÁLATI ÚTMUTATÓ. LD KÉZSKÉLÉK A VÉRNYOMÁS ÉS PULZUSSZÁM DIGITÁLIS MÉRÉSÉRE

MANUAL DE UTILIZARE A TENSIOMETRULUI DIGITAL LD

РЪКОВОДСТВО ЗА ЕКСПЛОАТАЦИЯ НА ЦИФРОВ ТОНОМЕТЪР LD

DENOMINATION OF PARTS AND COMPONENTS (Fig. 1)	
● USB power cord (supplied as part of package for model LD-521, LD-521U)	● AC adapter LD-N063 (supplied as part of package for model LD-521A, LD-521U)
● Electronic block	● Micro-USB socket for power source connection
● LCD display	● Button (Start/Stop)
● Cuff socket	● Button M (Memory)
● Cuff connector	● Batteries
● Air hose	● Operation manual with warranty card
● Cuff (Applied part)	

RECOMMENDATIONS ON CORRECT MEASUREMENT

1. For correct measurement you should know that the BLOOD PRESSURE IS SUBJECT TO SHARP VARIATIONS EVEN WITHIN THE SHORT TIME INTERVALS. The blood pressure depends on many factors. It is usually lower in summer and higher in winter.

2. The accuracy of blood pressure measurement depends on whether the cuff matches the size of your arm. The CUFF SHOULD NOT BE TOO SMALL OR TOO LARGE.

3. Wait 3 minutes between measurements for the blood to restore its circulation. However, the persons with prominent atherosclerosis due to considerable loss of vascular elasticity may need to increase the wait between measurements (10-15 minutes). This also refers to the patients suffering from diabetes. For more accurate determination of blood pressure, it is recommended to make a series of 3 consecutive measurements using it and the average value.

4. KEEP QUIET DURING A MEASUREMENT TO OBTAIN THE ACCURATE VALUES OF YOUR BLOOD PRESSURE WITH THE ELECTRONIC DEVICE. Measure your blood pressure in the calm and comfortable conditions at the indoor temperature. No eating an hour before measurement; no smoking, no taking tonic agents or alcohol 1.5-2 hours before measurement.

5. The accuracy of blood pressure measurement depends on whether the cuff matches the size of your arm. The CUFF SHOULD NOT BE TOO SMALL OR TOO LARGE.

6. Wait 3 minutes between measurements for the blood to restore its circulation. However, the persons with prominent atherosclerosis due to considerable loss of vascular elasticity may need to increase the wait between measurements (10-15 minutes). This also refers to the patients suffering from diabetes. For more accurate determination of blood pressure, it is recommended to make a series of 3 consecutive measurements using it and the average value.

7. When replacing the batteries replace all of them simultaneously. Do not use second-hand batteries.

8. If the device is not used for long time, remove the batteries from the device.

9. Use of the device with AC adapter

The AC adapter is specified as a part of the blood pressure monitor. Use the AC adapter (model LD-N063, supplied as part of package for model LD-521A, LD-521U) with the following technical characteristics.

Output voltage: ~5V ± 5%

Load current : at least 500 mA

Type of connector : micro-USB

The socket for the stabilized power supply is located on the right side of the device.

In order to use the device with a power source connect the power source connector to the device and insert the power source plug into the socket outlet and press the button.

Upon completion of measurement switch the device off by pressing the button (), remove the power source plug from the socket outlet and disconnect the power source connector from the device.

10. Insert the cuff end for about 5 cm into a metal ring as shown in figure.

11. Apply the cuff to your left arm as shown. In this case remember that the readings may differ by 5-10 mmHg and even more.

12. Wipe the cuff around your upper arm so that the bottom of the cuff is approximately 2-3 cm above your elbow. The sign "ARTERY" should be over the arm artery.

13. Fix the cuff so that it fits tightly to the arm, but make sure that it is not over-tight. Too tight or too loosen placement of the cuff may give inaccurate readings.

14. In the fixed cuff the sign «INDEX» should point to the area «NORMAL». It means that the cuff is chosen correctly and fits to the size of your upper arm. If the sign points to the area marked «M», the cuff is too small and the readings will be higher. If the sign points to the area marked «B», the cuff is too large.

15. If the arm has a conic form, the cuff should be put on with a spiral movement as shown in the figure.

16. If the rolled-up sleeve squeezes the arm interfering with free blood flow the device may give inaccurate figures not corresponding to your actual blood pressure.

17. The device may give inaccurate results if it is necessary to make a pause between measurements in order to recover blood circulation.

18. DATA ARE STORED IN MEMORY EVEN WHEN THE DEVICE IS KEPT WITHOUT BATTERIES. YOU MAY REMOVE DATA STORED IN THE DEVICE MEMORY BY PERFORMING ACTIONS DESCRIBED IN THE SECTION "MEMORY FUNCTION".

19. If no actions were performed after measurement during 3 minutes the device automatically switches off.

20. Forced depression of the cuff

21. When inflating the cuff you need to quickly depressure the cuff, press the button (). The device will release air from the cuff and switch off.

22. MEMORY FUNCTION

23. The device stores the last 100 measurements. Pressing the button () you can scroll through the memory.

24. Pressing the button () you can delete all data stored in the memory.

25. Pressing the button () you can reset the memory.

26. Pressing the button () you can turn the device on and off.

27. Pressing the button () you can turn the device on and off.

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1. The results of each measurement (blood pressure and pulse) are automatically stored in the device's memory. THE RESULT WILL NOT BE STORED, IF THERE APPEARED ERROR NOTIFICATION.

2. The device memory can store up to 90 measurements and the average value of the last 3 measurements. When the number of measurements exceeds 90 the oldest data are automatically replaced with data of the next measurements.

3. You can see content of the device memory by pressing the button M. Upon the first pressing of the button M the average value of the last three measurements stored in the memory with index "MA" will be displayed. Upon the second pressing of the button M, the index "1" (number of a memory cell) will shortly appear on the display and after that the last measurement result will appear.

4. Upon each subsequent pressing of the button M, the memory cell index will increment by one with consequent display of this memory cell content.

5. To return to the average value of the last three measurements stored in the memory with index "MA" you should press the button M 5 seconds. The symbol "Clr" will appear on the display and the device memory will be cleared.

6. Pressing the button () you can turn the device on and off.

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CELSI I KOMPONENTY URZĄDZENIA (rys.1)

1. Wyświetlacz LCD

2. Złącze mankietu

3. Złącze pomiaru powietrza

4. Mankiet (część robocza)

5. Wyświetlacz LCD

6. Złącze mankietu

7. Złącze pomiaru powietrza

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67. Złącze pomiaru powietrza

68. Mankiet (część robocza)

69. Wyświetlacz LCD

70. Złącze mankietu

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