

● As the pointer slowly returns, observe the first audible sounds from the stethoscope: At the first pulse you hear (Korotkoff-Sound) read off the pointer position on the scale: This is your upper blood pressure value (Systolic blood pressure). Make a note of this value!

● Listen to your heart beats while the pointer slowly moves on. The sounds become weaker until they cease completely.

● At the last audible tone again make a note of where the pointer is positioned: this is your lower blood pressure value (diastolic blood pressure).

● With a short, firm pressure on the Air release button the valve is then fully opened and the remainder of the air expelled from the cuff.

● To take the cuff off again, simply pull open the velcro closure and pull it off your arm.

If you want to repeat the measurement, wait at least one minute by which time the blood circulation should be back to normal.

General Notes on Taking your Own Blood Pressure

You should take your blood pressure twice daily, in the morning and in the evening, each time in a relaxed state.

Since physical exertions such as sports, but also eating, smoking and drinking of alcohol, influence the blood pressure values, you should always avoid these before taking your blood pressure.

As previously mentioned, your blood pressure fluctuates during the day, and as there may also be other factors influencing it you can also get diverging results when you take several measurements one after the other.

Occasional or irregular measurements are not a safe basis for a correct evaluation. This is only possible when you take your blood pressure regularly and under equal conditions over an extended period of time.

Enter your measured values into a table to allow a valid comparison.

Should you get high blood pressure values over a period of time, make an appointment with your GP and show him your results.

If your doctor diagnoses high blood pressure, please keep strictly to any prescribed medication without altering this yourself, should you happen to achieve lower values when you take your own blood pressure.

Technical Data on Cuffs

The German League for the Fight against High Blood Pressure recommends the following cuff sizes:

Patient	Upper Arm Circumference cm	Rubber Part of the Cuff in cm Width x Length*
Adult strong arms	under 33 33 – 41	12 – 13 x 24 15 x 30

* the given lengths are minimum measurements.

The cuff, that comes with this unit is suitable for an upper arm circumference of 22 – 32 cm.

Cleaning of Unit and Cuff

To clean the unit only use a soft dry cloth. To clean the cuff, first remove the rubber bag and then wash the cuff itself by hand in warm water (maximum 30 degrees Celsius).

Technical Data

Measurement range: 0 – 300 mmHg
Accuracy of pressure indicated: ± 3 mmHg

Guarantee information

For details on the conditions of guarantee, please refer to the guarantee card supplied.

A claim for guarantee can only be allowed if the Certificate of Warranty, completed and stamped by the dealer, is enclosed with the instrument.

For both guarantee and repair work, please send the instrument carefully packed and postage paid either to your authorized dealer or directly to:

BOSCH + SOHN GmbH u. Co. KG
Fabrik. mediz. Apparate
Bahnhofstraße 64
D-72417 Jungingen

Procedure:

- Place the cuff with the stethoscope membrane positioned on the main artery of the arm.
- Place the earpieces of the stethoscope into your ears.
- Inflate pressure to 30 – 40 mmHg above the upper blood pressure value.
- Do not move your arm and do not speak!
- Press button of pressure release valve so that the pointer sinks to 2 – 3 mmHg per second (it should take 20 – 25 seconds for the pointer to fall from 150 to 100).
- When you hear the first pulse from the stethoscope, read off the upper blood pressure value and make a note of this.
- At the last audible pulse read off and make a note of the lower blood pressure value.
- Take off stethoscope. Press down fully on the pressure release button to complete deflation, then remove cuff.

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Blood Pressure Monitor

egotest

GB Users Instructions

GB Preliminary Remarks

This blood pressure monitor complies with the European regulations as contained in the law governing medical products (CE), as well as to the European Standard EN 1060 Part 1: »Non invasive blood pressure instruments – General requirements« and Part 2: »Additional requirements for mechanical blood pressure systems«.

Regular testing of the measuring system to be carried out in accordance with national regulations.

Important Points to observe

- The cuff of this unit is suitable for an upper arm circumference of 22 – 32 cm.
- Only use boso cuffs with the boso-egotest blood pressure monitor.
- Avoid knocking the unit over or dropping it, and protect it from dirt and moisture.
- Avoid damaging the cuff with sharp instruments such as pins, needles, scissors etc.

General Information on Blood Pressure

Your heart, like a pump that works continuously to distribute the blood under pressure to every blood vessel throughout your body, ensures that vital, oxygenated blood is delivered to all the organs.

Blood pressure is determined by the strength of the heartbeat, the elasticity and the diameter of the blood vessels, as well as various other factors.

The pressure created by the contraction (systolic pressure) of the heart muscles is higher, and that at the relaxation (diastolic pressure) is lower. Both these values are necessary for the correct evaluation and in medical diagnosis.

Therefore, both the systolic and diastolic pressures are measured when the blood pressure is taken. The measurement unit is »mmHg« = millimetres mercury column.

Blood pressure is never constant, but always changing. In the morning it is lower than in the evening, and it is lowest when we are asleep. Depending on physical and mental exertion, it also changes individually.

Eating, smoking, fear or stress have an influence on our blood pressure. The seasons too have their effect, with the pressure

In the short term, therefore, higher blood pressure values are negligible. If the blood pressure, however, stays constantly above the average values one speaks of high blood pressure. Your GP calls this hypertension.

High blood pressure may not immediately be evidenced by any feeling of being unwell. But unobserved and untreated, it can lead to serious health problems. Therefore it is important to have your blood pressure checked by your GP on a regular basis.

Low blood pressure (hypotension) can be the cause of unpleasant effects such as dizziness and lassitude, yet in itself does not represent a serious risk factor to health.

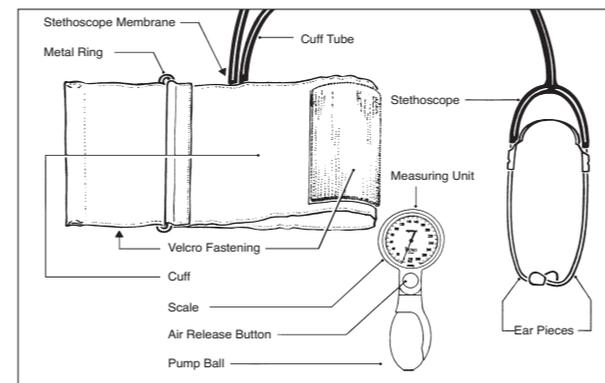
With the **boso-egotest** you can now do your own regular check-ups and can considerably contribute to safe-guarding your health and recognising any disorders at an early stage.

Your blood pressure should be taken twice a day, if at all possible, always at the same time: in the morning when you get up and in the evening when the body had a chance to relax again.

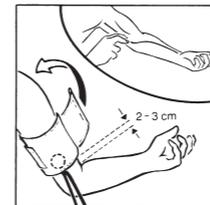
Blood Pressure Values for Adults (WHO Standards)

	Upper Value (Systolic Pressure)	Lower Value (Diastolic Pressure)
Normal Blood Pressure	up to 140 mmHg	up to 90 mmHg
Blood Pressure Values needing Attention	140 – 160 mmHg	90 – 95 mmHg
High Blood Pressure	above 160 mmHg	above 95 mmHg
Low Blood Pressure	below 100 mmHg	below 60 mmHg

Consult your doctor even when only one of the two values is constantly high.



Preparing To Take your Blood Pressure



It is recommended that you take your blood pressure at the free left upper arm. Care has to be taken, that there is no pressure from pushed-up sleeves, that could influence the actual blood pressure. Any tight clothing should, therefore, be removed.

Pull-on Cuff:

With your finger tips feel for your pulse at the inner side of your left upper arm (main artery). Open the cuff into a ring and slip it over your arm with the cuff tubes facing downwards. Ensure that the lower cuff edge comes to lie ca 2 – 3 cm above the elbow.

Important:

The round stethoscope membrane on the inside of the cuff must be placed at main artery on the inside of the upper arm.

Now, gently but firmly, pull tight the cuff end that goes through the metal ring and flip it over and to the outside of your upper arm. With a light pressure the velcro closure is then secured.

The cuff must not be too tight; there should roughly be a 2-finger width of space between arm and cuff.



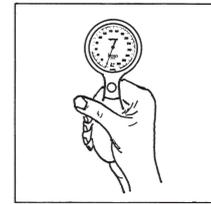
Taking your Blood Pressure

Sit yourself comfortably and place your arm, slightly angled and relaxed, onto a table.

Important:

Your upper arm with the cuff should be roughly in line with your heart.

Be sure that you keep your arm perfectly still and that you do not speak whilst you are taking your blood pressure.

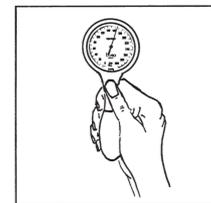


● Place the earpieces of the stethoscope firmly into your ears. They can be turned in their spring allowing you to place them independently forward into the ear passages.

● Take the Rubber Ball into your hand and pump up the cuff with steady and rhythmic pressure on the ball.

The Air release valve is automatically closed with the first inflation. Continue pumping until the pointer on the scale shows a value 30 – 40 mmHg above your normal upper blood pressure value.

● If you do not know this on the first occasion, inflate to 190 mmHg.



● Place your thumb with light pressure on the Air Release button and observe the fall of pressure on the scale. By altering the pressure of your thumb onto the button you can regulate the rate by which air is released.

The air release rate should be about 2 – 3 mmHg per second between systole and diastole, that is to say that it should

take about 20 – 25 seconds for the pointer to fall from 150 to 100 on the scale.

When using your blood pressure unit for the first time try out this procedure before you take your actual measurement. After an interval of about 2 minutes you can start again and take your blood pressure as follows: