MABIS 01-110-026

MABIS Legacy Series Aneroid Sphygmomanometer Instruction Manual

Model: 01-110-026

Introduction

This manual provides instructions for the proper use and care of your MABIS Legacy Series Aneroid Sphygmomanometer. This professional-quality manual blood pressure monitor is designed for accurate blood pressure measurement at home. Please read this manual thoroughly before first use to ensure correct operation and to maintain the device's accuracy and longevity.

Important Safety Information

- This device is intended for measuring human blood pressure. Do not use it for any other purpose.
- Consult your physician for interpretation of blood pressure measurements. Self-diagnosis and treatment based on measurements can be dangerous.
- Keep the device out of reach of children.
- The cuff contains latex. Individuals with latex allergies should avoid direct contact.
- Do not attempt to repair or modify the device yourself. Contact customer support for service.
- Avoid extreme temperatures, humidity, and direct sunlight.

Package Contents

Your MABIS Legacy Series Aneroid Sphygmomanometer package includes the following components:

- Aneroid Gauge
- Inflation Bulb with Deluxe Air Release Valve
- Calibrated Black Nylon Arm Cuff (Adult Large, fits arm circumferences 13 to 20 inches)
- Zippered Carrying Case



Image: All components of the MABIS Legacy Series Aneroid Sphygmomanometer, including the black nylon cuff, aneroid gauge, inflation bulb, and zippered carrying case.

Setup

1. **Unpack Components:** Carefully remove all items from the zippered carrying case.
2. **Inspect for Damage:** Check the cuff, tubing, inflation bulb, and aneroid gauge for any visible damage. Do not use the device if any part appears damaged.
3. **Connect Components:** Ensure the tubing from the cuff is securely connected to the aneroid gauge and the inflation bulb. The air release valve on the inflation bulb should be fully closed by turning it clockwise.



Image: The sphygmomanometer components, including the cuff, gauge, and inflation bulb, arranged for setup.

Operating Instructions

Preparing for Measurement

- Avoid eating, drinking alcohol, smoking, or exercising for at least 30 minutes before measurement.
- Rest for 5 minutes in a quiet environment before taking a measurement.
- Sit comfortably with your back supported and feet flat on the floor. Do not cross your legs.

- Place your arm on a flat surface so the cuff will be at heart level.
- Remove tight-fitting clothing from your upper arm.

Applying the Arm Cuff

1. Slide the cuff onto your bare upper arm, ensuring the artery mark (usually indicated by an arrow or "ARTERY" label) is positioned over your brachial artery, which is typically on the inside of your arm.
2. The bottom edge of the cuff should be approximately 1 inch (2-3 cm) above your elbow joint.
3. Wrap the cuff snugly around your arm, securing it with the hook-and-loop fastener. It should be tight enough that you can barely slide two fingers underneath.

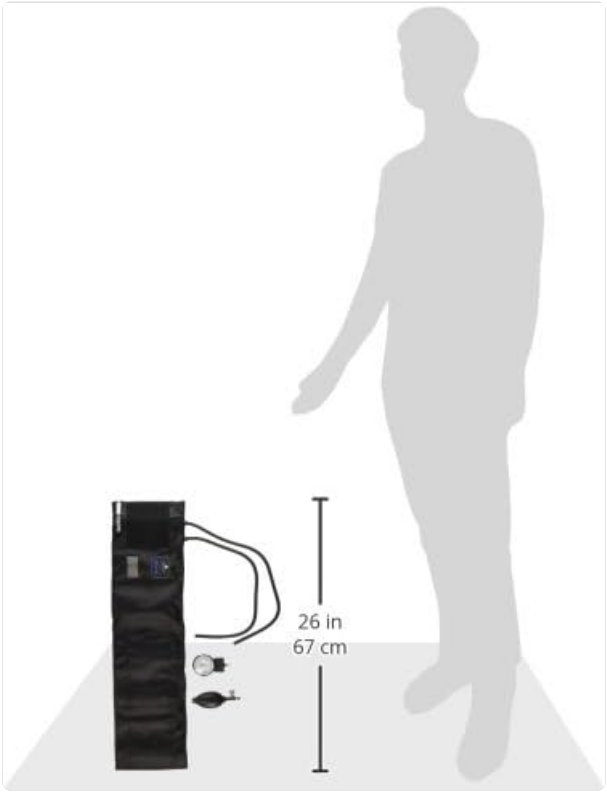


Image: A diagram illustrating the correct placement of the blood pressure cuff on the upper arm, showing the recommended distance from the elbow and the general size of the cuff.

Taking a Measurement

1. Hold the aneroid gauge in one hand or clip it to the cuff so you can easily read the dial.
2. Close the air release valve on the inflation bulb by turning it clockwise until it is tight.
3. Rapidly inflate the cuff by squeezing the inflation bulb until the gauge reads approximately 20-30 mmHg above your usual systolic pressure, or until your radial pulse is no longer palpable. Do not over-inflate.
4. Slowly open the air release valve by turning it counter-clockwise, allowing the pressure to drop at a rate of 2-3 mmHg per second.
5. Listen for the first clear, tapping sound (Korotkoff sound) through a stethoscope (not included) placed over your brachial artery. This is your **systolic pressure**. Note the reading on the gauge.
6. Continue to slowly deflate the cuff. The point at which the sounds disappear completely is your **diastolic pressure**. Note this reading.
7. Once the sounds have disappeared, fully open the air release valve to rapidly deflate the cuff.
8. Record your readings immediately.



Images: Left, the inflation bulb used to inflate the cuff. Right, the aneroid gauge displaying blood pressure readings.

Maintenance and Storage

- **Cleaning:** Wipe the cuff with a damp cloth and mild soap. Do not immerse the cuff or gauge in water. Clean the gauge and inflation bulb with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- **Storage:** Store the sphygmomanometer in its zippered carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Calibration:** The aneroid gauge is designed for long-term accuracy. However, it is recommended to have the device checked for calibration periodically by a qualified service technician, especially if you suspect inaccurate readings.



Image: The zippered carrying case, designed for protective storage of the sphygmomanometer.

Troubleshooting

Problem	Possible Cause	Solution
Cuff does not inflate or inflates slowly.	Air release valve is open; loose tubing connection; leak in cuff or tubing.	Ensure valve is fully closed. Check all tubing connections. Inspect cuff and tubing for punctures or cracks.
Inaccurate readings.	Improper cuff placement; incorrect arm position; rapid deflation; gauge out of calibration.	Review "Operating Instructions" for proper technique. Ensure arm is at heart level. Deflate cuff at 2-3 mmHg/second. Consider professional calibration check.

Problem	Possible Cause	Solution
Difficulty hearing Korotkoff sounds.	Stethoscope not positioned correctly; external noise; weak sounds.	Ensure stethoscope is firmly over the brachial artery. Measure in a quiet room. Inflate cuff slightly higher if needed.

Specifications

- **Model:** 01-110-026
- **Type:** Aneroid Sphygmomanometer
- **Display:** Analog Gauge
- **Cuff Size:** Adult Large (fits arm circumferences 13 to 20 inches)
- **Cuff Material:** Nylon
- **Inflation Method:** Manual (Inflation Bulb)
- **Product Dimensions:** Approximately 10 x 2 x 4 inches (packaged)
- **Product Weight:** Approximately 1 Pound
- **Latex Content:** Contains Latex
- **Included Components:** Aneroid Gauge, Inflation Bulb, Calibrated Nylon Cuff, Zippered Carrying Case

Warranty Information

The MABIS Legacy Series Aneroid Sphygmomanometer comes with a **5-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. Additionally, it includes a lifetime calibration warranty for the aneroid gauge. Please retain your proof of purchase for warranty claims. For specific terms and conditions, refer to the warranty card included with your product or contact MABIS customer support.

Customer Support

If you have any questions, require assistance, or need to report an issue with your MABIS Legacy Series Aneroid Sphygmomanometer, please contact MABIS customer support. You can find contact information on the MABIS website or through the retailer where you purchased the product.
For more information about MABIS products, visit the official MABIS Store: MABIS Store on Amazon

Ask a question about this manual

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Example: How do I reset this device or fix this error?

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