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Paramed MAX0201

PARAMED Aneroid Sphygmomanometer with Stethoscope User Manual

Brand: Paramed | Model: MAX0201

1. Product Overview

The PARAMED Aneroid Sphygmomanometer with Stethoscope is a manual blood pressure monitoring kit designed for clinical accuracy and ease of use. This portable and lightweight device is suitable for adults and includes a universal cuff, a high-quality stethoscope, and a carrying case for convenience.



Figure 1.1: Complete PARAMED Aneroid Sphygmomanometer and Stethoscope kit, including the cuff, gauge, bulb, stethoscope, and carrying case.

Key Features:

- **Complete Kit:** Includes sphygmomanometer, stethoscope, and nylon carrying case.
- **Universal Cuff:** Extended adult size (8.7-16.5 inches / 22-42 cm) with D-Ring, made of high-quality PVC and polyester (latex-free).
- **Accurate & Precise:** Metal gauge made of zinc alloy for clinical accuracy.
- **Easy to Use:** Large, contrasting figures on the monitor and a thumb-operated air release valve.
- **Portable:** Lightweight design for easy transport.

2. Safety Information

- Keep away from children.
- For adult use only.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. Kit Components

The PARAMED blood pressure kit includes the following items:

- Aneroid Sphygmomanometer (gauge, bulb, and tubing)
- Universal Adult Cuff (8.7-16.5 inches / 22-42 cm) with D-Ring
- Stethoscope
- Nylon Carrying Case



Figure 3.1: Detailed view of the kit components, including the universal adult cuff with D-ring, latex-free bulb and chamber, metal manometer body, stethoscope, and nylon carrying bag.



Figure 3.2: Close-up of the included stethoscope, featuring ear tips and chest piece.

4. Setup and Preparation

4.1 Cuff Placement

Ensure the cuff is correctly positioned on your arm for accurate readings. The cuff is designed for adult arm circumferences between 8.7-16.5 inches (22-42 cm).

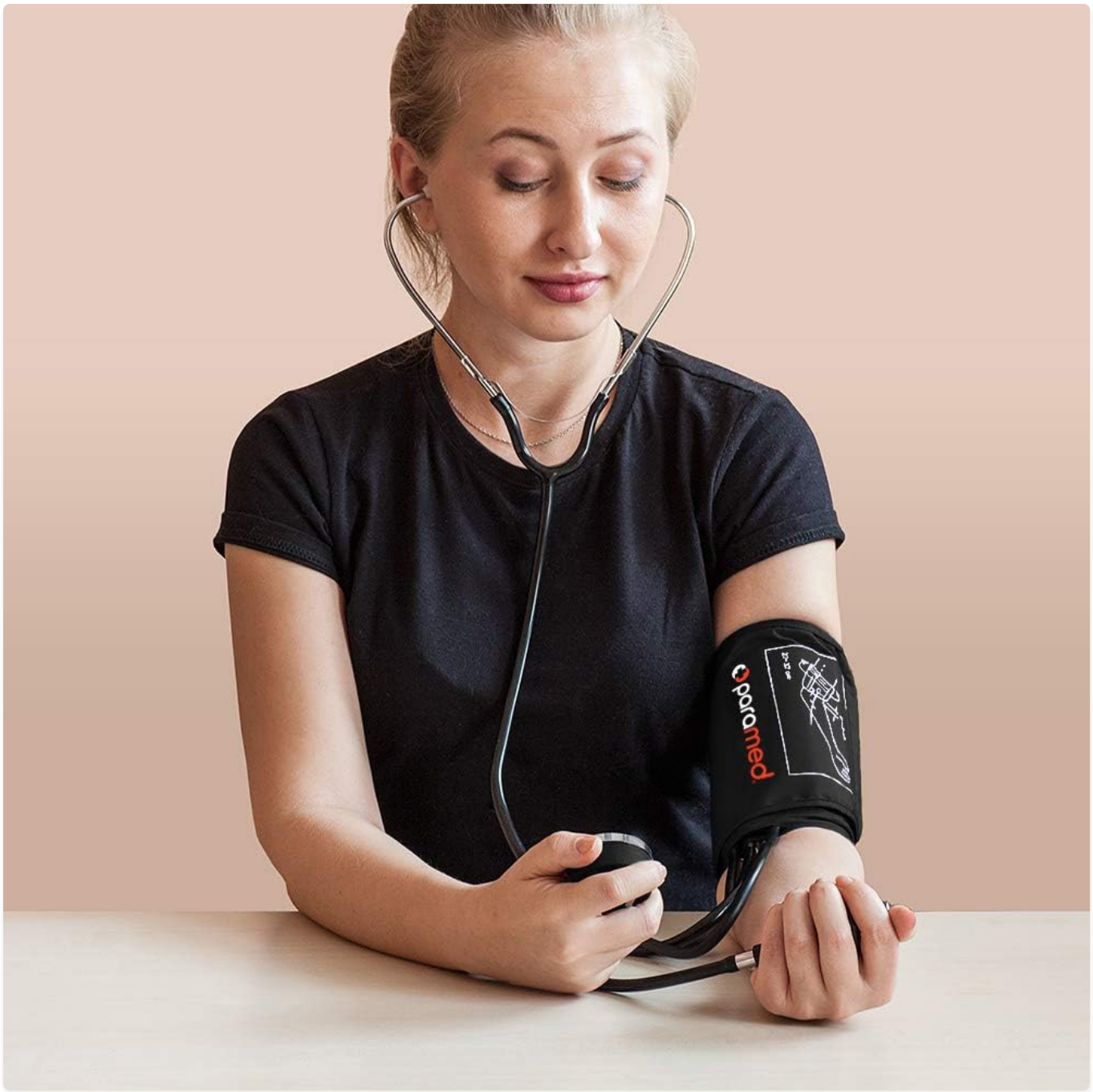

Figure 4.1: The blood pressure cuff correctly placed on an arm, showing the gauge and the clip for securing it.

4.2 Stethoscope Preparation

Before use, ensure the stethoscope ear tips are clean and comfortable. Position the ear tips to point forward, aligning with the ear canals for optimal sound transmission.

5. Operating Instructions

Follow these steps to take a manual blood pressure reading:

1. **Position the Cuff:** Place the cuff on your upper arm, ensuring the artery marker aligns with your brachial artery. The bottom edge of the cuff should be about 1 inch (2-3 cm) above the elbow crease.
2. **Secure the Cuff:** Wrap the cuff snugly around your arm. It should be tight enough that you can only fit two fingers underneath.
3. **Place the Stethoscope:** Position the stethoscope's diaphragm over the brachial artery, just below the cuff.
4. **Inflate the Cuff:** Close the air release valve on the bulb by turning it clockwise. Rapidly inflate the cuff by squeezing the bulb until the gauge reads approximately 20-30 mmHg above your usual systolic pressure, or until the pulse sound

disappears.

5. **Deflate Slowly:** 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.
6. **Listen for Sounds:** Listen carefully through the stethoscope. The first faint, tapping sound you hear is the **systolic pressure**. Continue listening as the pressure drops. The point at which the sounds disappear or become very muffled is the **diastolic pressure**.
7. **Record Reading:** Note the systolic and diastolic readings from the gauge.
8. **Release Air:** Fully open the air release valve to deflate the cuff completely.



Figure 5.1: A user demonstrating the proper technique for taking a manual blood pressure reading using the sphygmomanometer and stethoscope.

5.1 Instructional Videos

▶ **Watch video online**
How to use PARAMED sphygmomanometer with a stethoscope

Video 5.1: Official PARAMED video demonstrating how to use the sphygmomanometer with a stethoscope for accurate blood pressure measurement.

▶ **Watch video online**
A&D Medical 5 BloodPressure Cuff Mistakes to Avoid

Video 5.2: A&D Medical video explaining common blood pressure cuff mistakes to avoid for more accurate readings.

6. Maintenance and Care

- **Cleaning:** Wipe the cuff and stethoscope with a soft, damp cloth and mild soap. Do not immerse the gauge or bulb in water.
- **Storage:** Store the kit in its nylon carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect the tubing for cracks or leaks, and the cuff for wear and tear.

7. Product Specifications

Feature	Detail
Brand	Paramed
Model Name	PARAMED Aneroid
Item Model Number	MAX0201
Cuff Size	Universal (8.7-16.5 inches / 22-42 cm)
Display Type	Analog
Included Components	Case, Cuff, Stethoscope
Age Range (Description)	Adult
Manufacturer	PARAMED

8. Warranty and Support

For warranty information, technical support, or any product-related inquiries, please refer to the official PARAMED website or contact their customer service directly. Always retain your proof of purchase for warranty claims.

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