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Paramed 8542032422

PARAMED Aneroid Sphygmomanometer Instruction Manual

Model: 8542032422 | Brand: Paramed

Introduction

This manual provides essential information for the proper use, setup, operation, and maintenance of your PARAMED Aneroid Sphygmomanometer. Please read this manual thoroughly before use to ensure accurate readings and safe operation. This device is designed for manual blood pressure measurement and does not include a stethoscope.



Image: The PARAMED Aneroid Sphygmomanometer, including the black universal cuff, manometer, inflation bulb, and a black zippered carrying case. The device is shown ready for use, emphasizing its compact and portable design.

Safety Information

CAUTION: Do not allow a blood pressure cuff to remain on arm for more than 10 minutes when inflated above 10 mmHg. This may cause patient distress, disturb blood circulation, and contribute to the injury of peripheral nerves.
Legal Disclaimer: 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.

Product Components

- **Universal Cuff:** Designed for arm circumferences from 22-42 cm (8.7-16.5 inches), made of durable nylon with a D-Ring for easy self-measurement.
- **Manometer:** Features a large, easily readable number dial for precise pressure readings. Constructed with a zinc

alloy body and a non-stop mechanism.

- **Inflation Bulb:** Equipped with a prestige metal air needle valve for smooth pressure relief regulation.
- **Check Valve:** Improved supercharger check valve with a reticulated filter to prevent dust from clogging the device.
- **Carrying Case:** A compact and lightweight case for convenient storage and portability of the entire kit.
- *Note: A stethoscope is not included with this product and is required for listening to Korotkoff sounds during manual blood pressure measurement.*



Image: A detailed breakdown of the sphygmomanometer's components, including the universal adult-sized cuff with D-ring, latex-free bulb and chamber, nylon bag, precision calibrated gauge, and a clear indication that the stethoscope is not included.

Setup

1. **Prepare the Cuff:** Ensure the cuff is fully deflated.
2. **Position the Cuff:** Place the cuff on your left arm, approximately 2-3 cm (about 1 inch) above your elbow. The arrow on the cuff should align with the brachial artery. Ensure the cuff fits snugly but not too tightly, allowing two

fingers to slide underneath.

3. **Connect Components:** Ensure the inflation bulb and manometer are securely connected to the cuff tubing.



Image: A person demonstrating the correct placement of the blood pressure cuff on the upper arm, showing the cuff positioned 2-3 cm above the elbow with the index arrow pointing towards the hand.

Operating Instructions

1. **Patient Position:** Sit comfortably with your arm supported at heart level.
2. **Inflate the Cuff:** Quickly fill the cuff with air by squeezing the inflation bulb until the manometer reaches your typical upper pressure reading plus an additional 30 mmHg. For example, if your typical systolic pressure is 120 mmHg, inflate to 150 mmHg.
3. **Deflate and Listen:** Slowly release the air from the cuff by turning the valve on the inflation bulb. While deflating, listen for Korotkoff sounds through a stethoscope placed over the brachial artery.
4. **Record Readings:**
    - The first distinct tapping sound indicates the *systolic* (upper) blood pressure.
    - The point at which the sounds disappear indicates the *diastolic* (lower) blood pressure.
5. **Repeat Measurement:** Wait at least 1-2 minutes before taking another measurement on the same arm.

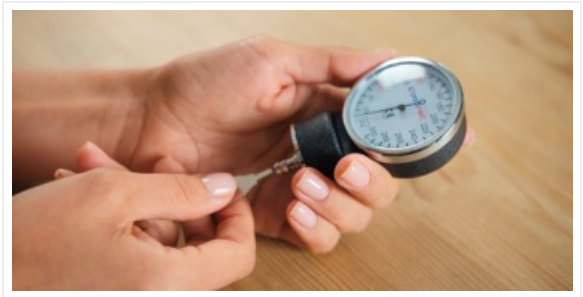


Image: A close-up view of the manometer and inflation bulb, showing the detailed dial for reading pressure and the valve for controlled deflation.

Maintenance

- **Cleaning:** Wipe the cuff and manometer with a soft, damp cloth. Do not immerse the manometer in water. Use a

mild disinfectant if necessary, but avoid harsh chemicals.

- **Storage:** Store the sphygmomanometer in its carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Calibration:** For optimal accuracy, it is recommended to have the manometer calibrated periodically by a qualified professional.
- **Inspection:** Regularly inspect the cuff for wear and tear, and check tubing for cracks or leaks.

Troubleshooting

Problem	Possible Cause	Solution
Inaccurate Readings	Improper cuff placement; rapid deflation; uncalibrated device.	Ensure correct cuff position and tightness; deflate slowly; consider professional calibration.
Cuff does not inflate	Valve open; leak in tubing or cuff; bulb damage.	Close the air release valve; check for visible damage; replace if necessary.
Difficulty hearing sounds	Stethoscope not positioned correctly; external noise; weak sounds.	Reposition stethoscope over brachial artery; ensure quiet environment; consult a healthcare professional for guidance.

Specifications

Feature	Detail
Model Name	PARAMED Aneroid
Item Model Number	8542032422
Brand	Paramed
Cuff Size	Universal (22-42 cm / 8.7-16.5 inches)
Display Type	Analog
Included Components	Cuff, Manometer, Inflation Bulb, Carrying Case
Power Source	No (Manual)
Product Dimensions	4.72 x 2.36 x 0.5 inches
Item Weight	12 Ounces
Manufacturer	Paramed
First Available Date	February 14, 2017

Warranty and Support

For information regarding product warranty, technical support, or service, please refer to the official Paramed website or contact their customer service directly. Contact details are typically found on the product packaging or on the manufacturer's official website.

Note: Always consult with a healthcare professional for interpretation of blood pressure readings and for any health concerns. This device is intended for personal monitoring and should not replace professional medical advice.

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