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**ADC 790X**

# ADC Prosphyg 790X Aneroid Sphygmomanometer Instruction Manual

Model: 790X

## 1. Introduction

This manual provides essential instructions for the safe and effective use of your ADC Prosphyg 790X Aneroid Sphygmomanometer. Please read this manual thoroughly before using the device and keep it for future reference. The ADC Prosphyg 790X is designed for accurate manual blood pressure measurement. It features a durable manometer, a self-adjusting D-ring cuff, and an integrated stethoscope for auscultation.

*Image 1.1: The ADC Prosphyg 790X Aneroid Sphygmomanometer kit as packaged.*

## 2. Package Contents

Carefully unpack your ADC Prosphyg 790X kit and verify that all components are present and undamaged:

- Black enamel 300mmHg aneroid manometer
- Nylon D-ring self-adjusting cuff (Large Adult size, fits limb ranges from 30.0 cm to 40.0 cm / 11.8” to 15.7”)
- Attached diaphragm-only stethoscope with adjustable chrome binaurals and black PVC tubing
- Latex inflation bladder and bulb
- Chrome-plated deflation valve
- Leatherette zippered carrying case
- Operating instructions (this manual)

*Image 2.1: The included leatherette zippered carrying case for storage and transport.*

## 3. Safety Information

- **Cuff Sizing:** Using an incorrect cuff size can lead to inaccurate blood pressure measurements. Always ensure the correct cuff size is selected for the user's arm circumference. Refer to the cuff sizing chart in the Setup section.
- **Medical Advice:** This device is intended for informational purposes and should not be used as a substitute for

professional medical advice, diagnosis, or treatment. Consult with a healthcare professional for interpretation of blood pressure readings.

- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.
- **Latex:** This product is not made with natural rubber latex.

## 4. Setup

### 4.1 Cuff Sizing

Accurate cuff sizing is critical for reliable blood pressure readings. Measure the circumference of the upper arm and compare it to the chart below to ensure you are using the appropriate cuff size. This kit includes a Large Adult cuff.



*Image 4.1: Cuff Sizing Chart. Note: Incorrect cuff size can result in measurement errors. Please choose carefully.*

### 4.2 Applying the Cuff

1. Ensure the user is seated comfortably with their arm resting on a flat surface at heart level.
2. Slide the D-ring cuff onto the upper arm, ensuring the artery mark (if present) aligns with the brachial artery. The self-adjusting D-ring design allows for easy one-handed application.
3. The lower edge of the cuff should be approximately 1 inch (2-3 cm) above the elbow crease.
4. Tighten the cuff snugly but not too tightly. You should be able to fit two fingers underneath the cuff.

### 4.3 Stethoscope Placement

Place the diaphragm of the attached stethoscope over the brachial artery, just below the cuff's lower edge, in the antecubital fossa (elbow crease). Ensure the stethoscope is in direct contact with the skin and not obstructed by clothing.

## 5. Operating Instructions

Follow these steps for accurate blood pressure measurement:

1. **Prepare the Patient:** Ensure the patient is relaxed, has not exercised or consumed caffeine/nicotine for at least 30 minutes, and has emptied their bladder. They should be seated with their back supported and feet flat on the floor.
2. **Apply Cuff and Stethoscope:** As described in Section 4.
3. **Inflate the Cuff:** Close the chrome-plated deflation valve by turning it clockwise. Rapidly inflate the cuff by squeezing the latex bulb until the manometer reads approximately 20-30 mmHg above the patient's usual systolic pressure, or until the radial pulse is no longer palpable. Do not overinflate.
4. **Deflate and Listen:** Slowly open the deflation valve by turning it counter-clockwise, allowing the pressure to drop at a rate of 2-3 mmHg per second. While deflating, listen carefully through the stethoscope for the Korotkoff sounds.
5. **Record Systolic Pressure:** Note the reading on the manometer when you hear the first clear, rhythmic sound (Korotkoff Phase I). This is the systolic blood pressure.
6. **Record Diastolic Pressure:** Continue deflating. Note the reading on the manometer when the sounds completely disappear (Korotkoff Phase V). This is the diastolic blood pressure.
7. **Complete Deflation:** Once the diastolic pressure is recorded, fully open the deflation valve to rapidly deflate the cuff.
8. **Remove Cuff:** Remove the cuff from the patient's arm.
9. **Record Readings:** Document the systolic and diastolic pressures. Wait at least 1-2 minutes before taking another measurement on the same arm.

## 6. Maintenance and Care

- **Cleaning:**
  - **Cuff:** The nylon cuff can be wiped clean with a damp cloth and mild soap. Do not immerse the cuff in water. Allow to air dry completely before storage.
  - **Manometer and Stethoscope:** Wipe the manometer, bulb, and stethoscope with a soft cloth lightly dampened with isopropyl alcohol or a mild disinfectant. Do not immerse any part of the manometer or stethoscope in liquid.
- **Storage:** Store the sphygmomanometer in its leatherette zippered 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. Ensure the manometer needle rests at zero when not in use.
- **Calibration:** Aneroid sphygmomanometers should be checked for calibration periodically by a qualified technician to ensure accuracy.

## 7. Troubleshooting

- **Inaccurate Readings:**
  - Ensure correct cuff size is used.
  - Verify proper cuff placement and tightness.
  - Check for air leaks in the tubing or bulb.
  - Ensure the patient is relaxed and properly positioned.
  - Manometer may require calibration.
- **Difficulty Hearing Sounds:**
  - Ensure stethoscope diaphragm is placed directly over the brachial artery and is in firm contact with the skin.
  - Check for ambient noise.
  - Adjust stethoscope binaurals for a comfortable and secure fit.
- **Cuff Not Inflating/Deflating Properly:**
  - Check for kinks or blockages in the tubing.
  - Ensure the deflation valve is fully closed before inflation and opens smoothly for deflation.
  - Inspect the bulb and bladder for damage or leaks.

## 8. Specifications

| Feature | Detail |
|---|---|
| Model Number | 790X |
| Brand | ADC (American Diagnostic Corporation) |
| Manometer | Black enamel, 300mmHg, aneroid |
| Cuff Type | Nylon D-ring, self-adjusting |
| Cuff Size (Included) | Large Adult (Limb Range: 30.0 cm to 40.0 cm / 11.8” to 15.7”) |

| | |
|---|---|
| Stethoscope | Attached diaphragm-only, adjustable chrome binaurals, black PVC tubing |
| Inflation System | Latex inflation bladder and bulb |
| Deflation Valve | Chrome-plated |
| Carrying Case | Leatherette zippered case |
| Product Dimensions | 7.5 x 2.75 x 4.63 inches |
| Item Weight | 1.4 pounds |
| Latex Free | Not made with natural rubber latex |
| Standards | Meets or exceeds ANSI/AAMI/ISO 81060-1 |
| UPC | 634782068165 |

*Image 8.1: Product dimensions shown for scale.*

## 9. Warranty Information

This product is covered by a manufacturer's warranty. For specific details regarding the warranty period and terms, please refer to the documentation included with your purchase or contact American Diagnostic Corporation directly.

## 10. Customer Support

For further assistance, technical support, or to inquire about replacement parts, please contact American Diagnostic Corporation (ADC) directly.
You can visit the official ADC website or refer to the contact information provided on the product packaging or included documentation.
**ADC Store Link:** Visit the ADC Store on Amazon

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