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Microlife MSC

Microlife Replacement Blood Pressure Cuff User Manual

Model: MSC - Medium Size (8.7 - 12.6 Inch)

Introduction

This manual provides essential instructions for the proper use, care, and maintenance of your Microlife Replacement Blood Pressure Cuff. This cuff is designed for use with all Microlife upper arm blood pressure monitors, including those produced for various retail brands. Accurate blood pressure readings depend significantly on correct cuff selection and application. Please read this manual thoroughly before use.



Image: The Microlife Replacement Blood Pressure Cuff, medium size, featuring its latex-free material and size range. Various connector types are included for broad compatibility.

Key Features

- **Clinically Tested Accuracy:** This is the only replacement cuff clinically tested for accuracy with all Microlife produced Automatic Upper Arm Blood Pressure Monitors. It is not compatible with manual/aneroid, professional upper arm, or wrist units.

- **Optimal Fit for Accuracy:** Proper fit is crucial for accurate blood pressure readings. The Medium size (8.7” – 12.6”) is designed for smaller arms, minimizing fabric overlap.
- **User-Friendly Design:** Features a contoured design for easy application and removal, along with Grip-Strips to help keep the cuff securely in place.
- **Durable and Hygienic:** Constructed from durable, easy-to-clean, latex-free fabric (not made with natural rubber latex).
- **Universal Compatibility:** Includes the cuff, instruction manual, and 3 cuff connectors to ensure compatibility with every Microlife manufactured upper arm blood pressure monitor.

Cuff Sizing and Fit

Selecting the correct cuff size is paramount for obtaining accurate blood pressure measurements. An improperly sized cuff can lead to incorrect readings.



Image: A diagram illustrating how to measure your upper arm circumference to ensure the correct cuff fit. The medium cuff fits arms 8.7-12.6 inches.

How to Measure Your Arm:

1. Wrap a flexible measuring tape around the thickest part of your upper arm.
2. Note the circumference in inches or centimeters.
3. Compare your measurement to the cuff size ranges to select the appropriate cuff.

The Medium cuff is designed for arm circumferences between 8.7 and 12.6 inches (22-32 cm).

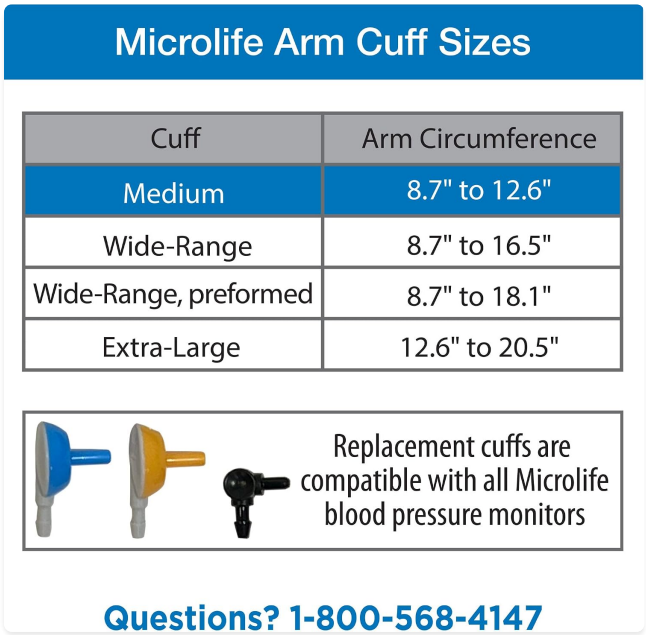


Image: A table detailing various Microlife arm cuff sizes and their corresponding arm circumference ranges. It also notes that replacement cuffs are compatible with all Microlife blood pressure monitors.

Setup and Application

Follow these steps to properly set up and apply your Microlife Replacement Blood Pressure Cuff for an accurate reading.

Connecting the Cuff:

Your replacement cuff comes with three different connectors to ensure compatibility with various Microlife blood pressure monitors. Select the connector that matches the port on your specific monitor and securely attach it to the cuff's air tube. Then, plug the connector into the monitor's air jack.

Applying the Cuff:



Image: A visual guide showing three steps for applying the blood pressure cuff: positioning above the elbow, tightening, and resting the arm.

1. **Step 1: Position the Cuff.** Slide the cuff onto your upper arm. The bottom edge of the cuff should be approximately 1/2 inch (1-2 cm) above your elbow. Ensure the artery mark on the cuff is directly over your brachial artery (typically

on the inside of your arm).

2. **Step 2: Secure the Cuff.** Tighten the cuff so it is snug against your arm, but not uncomfortably tight. You should be able to fit two fingers comfortably between the cuff and your arm.
3. **Step 3: Prepare for Measurement.** Sit quietly and relax with your arm resting palm up on a table. Follow your blood pressure monitor's specific instructions for initiating a measurement.

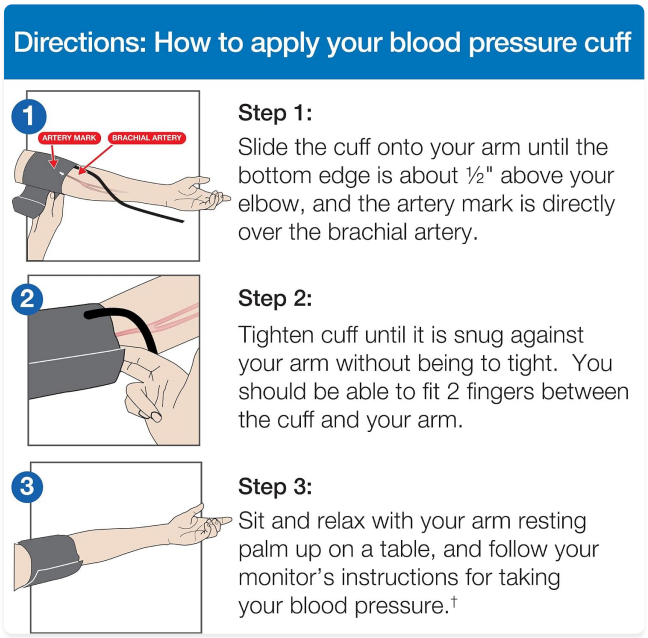


Image: A person demonstrating the proper placement of the Microlife blood pressure cuff on their upper arm, showing the correct alignment and snug fit.



Image: A detailed view of the cuff's internal markings, including the 'Artery Mark' for correct positioning and directional arrows for 'Shoulder' and 'Elbow' alignment.

Maintenance

To ensure the longevity and hygiene of your Microlife Replacement Blood Pressure Cuff, follow these maintenance guidelines:

- **Cleaning:** The cuff is made from durable, easy-to-clean fabric. Wipe the cuff surface with a soft, damp cloth and mild soap. Do not immerse the cuff in water or use harsh chemical cleaners.
- **Storage:** Store the cuff in a clean, dry place away from direct sunlight and extreme temperatures. Avoid folding the air tube sharply to prevent damage.
- **Inspection:** Regularly inspect the cuff for any signs of wear, tears, or damage to the fabric or air tube. Replace the cuff if any damage is observed to maintain accuracy and safety.

Troubleshooting

If you encounter issues with your blood pressure readings, consider the following common causes related to cuff usage:

- **Inaccurate Readings:** The most common cause of inaccurate readings is an improper cuff fit. Ensure your arm circumference falls within the 8.7-12.6 inch range for this Medium cuff. Re-measure your arm if unsure.
- **Loose Cuff:** If the cuff is too loose, it may not inflate correctly or provide an accurate reading. Tighten the cuff so it is snug but not constricting, allowing two fingers to fit underneath.
- **Incorrect Placement:** Verify that the artery mark on the cuff is aligned with your brachial artery and the cuff is positioned correctly above your elbow.
- **Damaged Cuff:** Inspect the cuff for any visible damage, such as leaks in the air bladder or tears in the fabric. A damaged cuff should be replaced.
- **Connector Issues:** Ensure the cuff connector is securely plugged into your blood pressure monitor. A loose connection can prevent proper inflation.

For further troubleshooting or issues with your blood pressure monitor itself, refer to your monitor's instruction manual or contact Microlife support.

Specifications

Feature	Detail
Product Dimensions	23.5"L x 0.5"W x 6.25"Th (Cuff laid flat)
Weight	4.97 ounces
Model Number	MSC
Manufacturer	Microlife
Included Components	Cuff, Instruction Manual, 3 Cuff Connectors
Cuff Size	Medium (8.7 - 12.6 Inch / 22 - 32 cm)
Material	Latex-free fabric
UPC	642632932504

Support and Contact Information

For questions, support, or further assistance with your Microlife product, please contact us:

Customer Service: 1-800-568-4147

Manufacturer: Microlife USA

Online Resources: Visit the official Microlife Store on Amazon for additional product information and support.

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