

Microlife Standard Size

Microlife Standard Size Replacement Blood Pressure Cuff (8.7-16.5 inch) Instruction Manual

INTRODUCTION

This instruction manual provides essential information for the proper use and maintenance of your Microlife Standard Size Replacement Blood Pressure Cuff. This cuff is designed to work exclusively with Microlife upper arm blood pressure monitors, including any retail brand monitors produced by Microlife. Ensuring correct cuff fit and application is crucial for obtaining accurate blood pressure readings.

The Microlife replacement cuff is clinically tested for accuracy when used with compatible Microlife automatic upper arm blood pressure monitors. It is not compatible with manual/aneroid, professional upper arm, or wrist units.

IMPORTANT SAFETY INFORMATION

- This device is intended for use as a replacement cuff for compatible Microlife blood pressure monitors only.
- Do not use this cuff for purposes other than blood pressure measurement.
- Consult your physician for interpretation of blood pressure readings. Self-diagnosis and treatment based on measurements can be dangerous.
- Keep out of reach of children.
- Do not modify the cuff or its components.

PACKAGE CONTENTS

Your Microlife Standard Size Replacement Blood Pressure Cuff package includes:

- 1 x Microlife Standard Size Replacement Blood Pressure Cuff (8.7-16.5 inch)
- 1 x Instruction Manual
- 3 x Cuff Connectors (for compatibility with various Microlife monitors)



Image: The Microlife Standard Size Replacement Blood Pressure Cuff, showing the cuff itself, the air tube, and three interchangeable cuff connectors.

UNDERSTANDING YOUR CUFF

Cuff Features

- **Contoured Design:** Facilitates easy application and removal.
- **Grip-Strips:** Help secure the cuff in the correct position during measurement.
- **D-Ring:** Aids in adjusting the cuff size for a proper fit.
- **Artery Mark:** Guides proper alignment of the cuff over the brachial artery.
- **Latex-Free Fabric:** Durable and easy to clean, suitable for individuals with latex sensitivities.
- **Sizing Seam:** An angled edge and visual guide to ensure accurate fit.

Wide Range Cuff Fits Arms: 8.7-16.5"

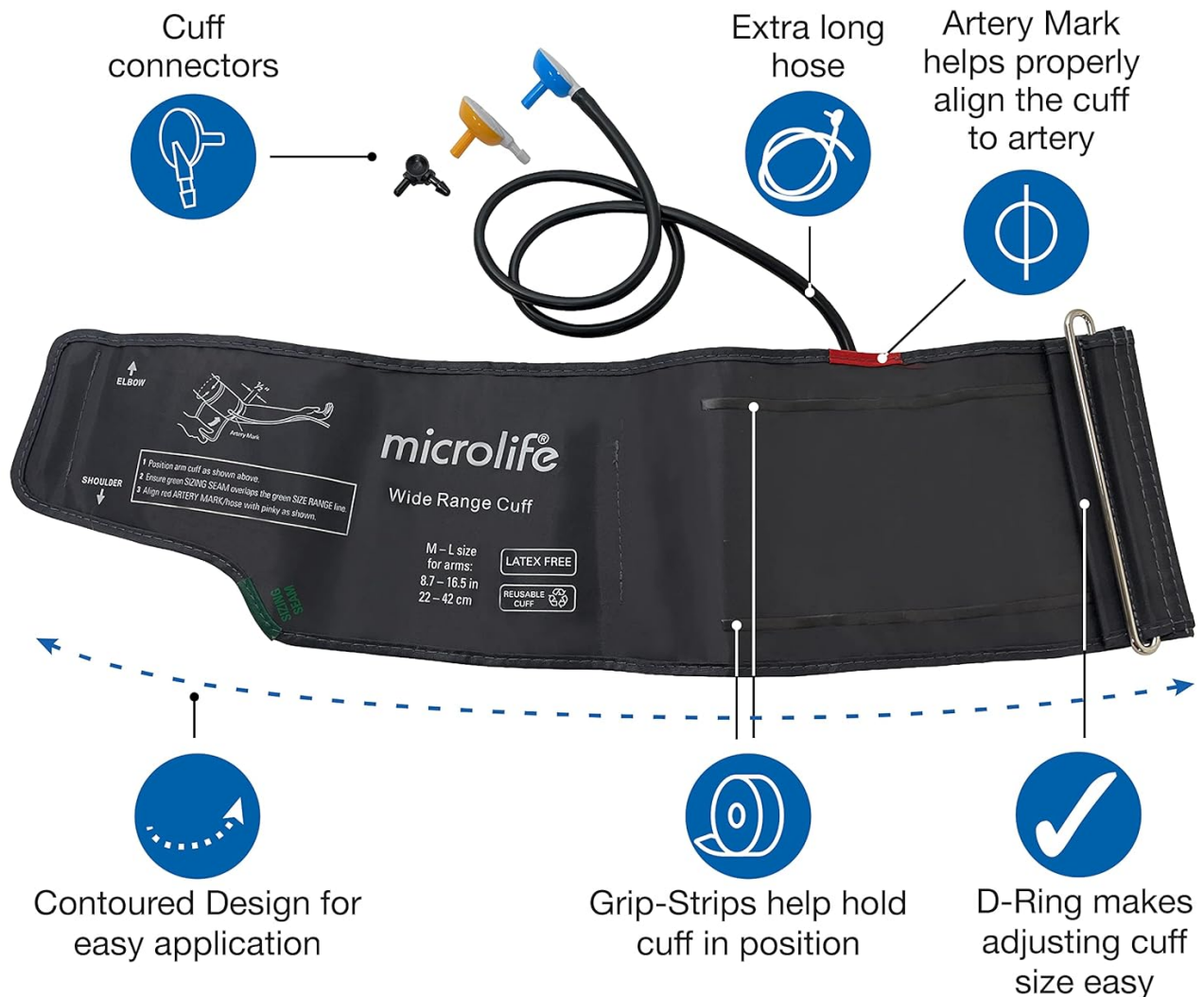


Image: A detailed view of the Microlife cuff, highlighting its key features such as the cuff connectors, extra-long hose, artery mark, contoured design, grip-strips, and D-ring for easy application and accurate measurement.

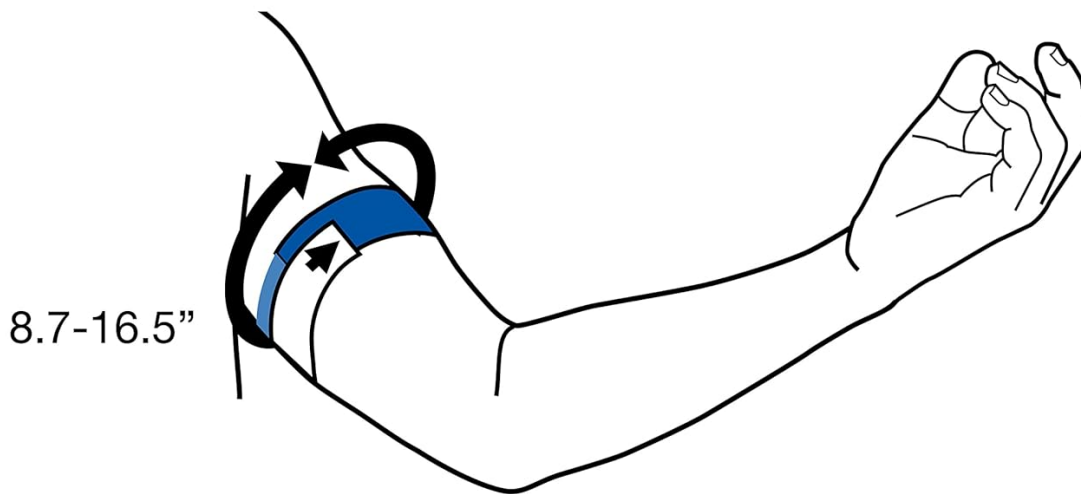


Image: The Microlife cuff displaying the 'Sizing Seam' and 'Latex-Free' label, emphasizing its design for accurate fit and material composition.

Cuff Sizing

Proper cuff fit is essential for accurate blood pressure readings. The Standard Size cuff is designed for arm circumferences between 8.7 and 16.5 inches (22-42 cm).

Cuff Fit is Essential for Accuracy



To Measure Your Arm: Wrap a fabric measuring tape around the thickest part of the upper arm. The average arm circumference for a woman is 12", and the average for a man is 13". An inaccurate cuff fit can give you the wrong readings.

Wide range cuff fits arms: 8.7-16.5''

Image: An illustration demonstrating how to measure your upper arm circumference to ensure correct cuff sizing. The diagram indicates the measurement range of 8.7-16.5 inches.

To measure your arm: Wrap a fabric measuring tape around the thickest part of your upper arm. An inaccurate cuff fit can lead to incorrect readings.

Microlife Arm Cuff Sizes

Cuff	Arm Circumference
Medium	8.7" to 12.6"
Wide-Range	8.7" to 16.5"
Wide-Range, preformed	8.7" to 18.1"
Extra-Large	12.6" to 20.5"



Replacement cuffs are compatible with all Microlife blood pressure monitors

Questions? 1-800-568-4147

Image: A table outlining various Microlife arm cuff sizes, including Medium, Wide-Range, Wide-Range preformed, and Extra-Large, along with their corresponding arm circumference ranges. It also notes that replacement cuffs are compatible with all Microlife blood pressure monitors.

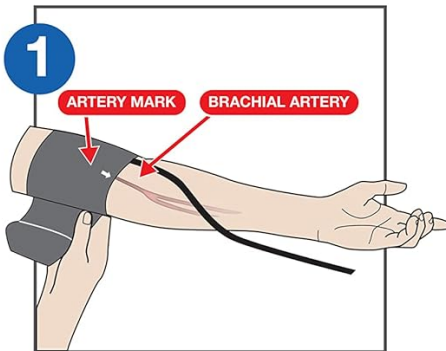
SETUP AND APPLICATION

Connecting the Cuff

1. Select the appropriate cuff connector from the three provided that matches your Microlife blood pressure monitor.
2. Firmly insert the chosen connector into the air tube of the cuff.
3. Connect the other end of the connector to the air port on your Microlife blood pressure monitor. Refer to your monitor's instruction manual for specific connection details.

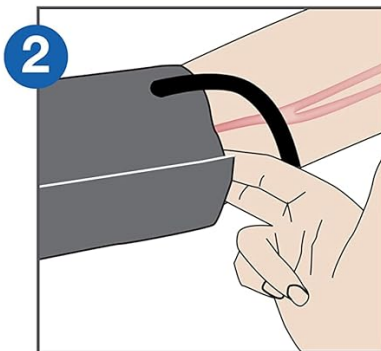
Applying the Cuff

Directions: How to apply your blood pressure cuff



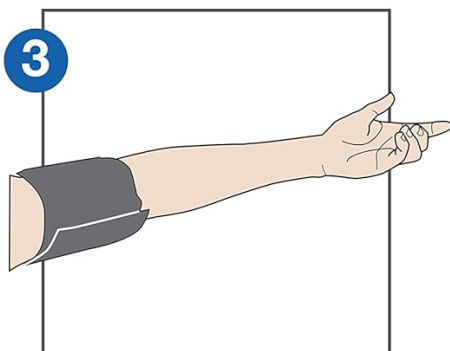
Step 1:

Slide the cuff onto your arm until the bottom edge is about $\frac{1}{2}$ " above your elbow, and the artery mark is directly over the brachial artery.



Step 2:

Tighten cuff until it is snug against your arm without being too tight. You should be able to fit 2 fingers between the cuff and your arm.



Step 3:

Sit and relax with your arm resting palm up on a table, and follow your monitor's instructions for taking your blood pressure.

Image: A three-step visual guide on applying the blood pressure cuff. Step 1 shows sliding the cuff onto the arm, Step 2 shows tightening the cuff, and Step 3 shows the correct arm position for measurement.

1. **Step 1:** Slide the cuff onto your upper arm. The bottom edge of the cuff should be approximately $\frac{1}{2}$ 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:** Tighten the cuff until 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:** Sit comfortably with your arm resting palm up on a table. Ensure your arm is at heart level. Follow your blood pressure monitor's instructions to begin the measurement.



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

OPERATION

Once the Microlife replacement cuff is correctly connected and applied, operate your Microlife blood pressure monitor according to its specific instruction manual. The accuracy of your blood pressure readings relies on both the proper functioning of the monitor and the correct application of the cuff.

Always ensure the cuff is properly sized for your arm and applied as described in the 'Setup and Application' section to achieve reliable results.

CARE AND MAINTENANCE

Cleaning

The cuff is made from durable, easy-to-clean, latex-free fabric. To clean the cuff:

- Wipe the exterior of the cuff with a soft, damp cloth.

- Use a mild soap solution if necessary, then wipe with a clean, damp cloth to remove any soap residue.
- Do not immerse the cuff in water or use harsh chemical cleaners, abrasive agents, or solvents.
- Allow the cuff to air dry completely before storage or next use.

Storage

- Store the cuff in a clean, dry place away from direct sunlight, extreme temperatures, and humidity.
- Avoid folding the air tube sharply or placing heavy objects on the cuff, which could damage the air bladder or tubing.

TROUBLESHOOTING

If you encounter issues with your blood pressure readings, consider the following:

- **Inaccurate Readings:** Ensure the cuff is the correct size for your arm. Re-measure your arm circumference if unsure. Verify the cuff is applied correctly, with the artery mark aligned and the cuff snug but not too tight.
- **Cuff Not Inflating/Deflating Properly:** Check that all connections (cuff to tube, tube to monitor) are secure. Inspect the air tube for any kinks, punctures, or blockages.
- **Cuff Discomfort:** Ensure the cuff is not applied too tightly. If discomfort persists, consult your healthcare professional.
- **Compatibility Issues:** This cuff is designed for Microlife upper arm blood pressure monitors only. Ensure your monitor is a compatible Microlife model.

For persistent issues, refer to your blood pressure monitor's instruction manual or contact Microlife Customer Support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	23.5"L x 0.5"W x 6.25"Th
Arm Circumference Range	8.7 - 16.5 Inches (22 - 42 cm)
Material	Latex-free fabric
Included Components	Cuff, Instruction Manual, 3 Cuff Connectors
Manufacturer	Microlife
Model Number (ASIN)	B09Y698FHH
UPC	642632932603

WARRANTY INFORMATION

Specific warranty details for this replacement cuff are typically provided with your original Microlife blood pressure monitor or can be found on the official Microlife website. Please retain your proof of purchase for any warranty claims.

CUSTOMER SUPPORT

For further assistance, questions, or troubleshooting, please contact Microlife Customer Support:



- **Phone:** 1-800-568-4147
- **Website:** Visit the official Microlife website for product information and support resources.



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Related Documents - Standard Size

	<p>Microlife SureFit+™ Automatic Upper Arm Blood Pressure Cuff - User Guide</p> <p>Detailed instructions and specifications for the Microlife SureFit+™ automatic upper arm blood pressure cuff, designed for arm circumferences from 8.7 to 18.1 inches. Learn about cuff fitting, connector types, care, maintenance, and warranty.</p>
	<p>Microlife SureFit Wide Range Blood Pressure Cuff User Manual</p> <p>User manual for the Microlife SureFit Wide Range Blood Pressure Cuff (Model WRSC). Provides instructions on use, care, safety information, technical specifications, and warranty for this replacement cuff designed for upper arms measuring 8.7 to 16.5 inches.</p>
	<p>Microlife Upper Arm Blood Pressure Cuff - User Manual & Specifications</p> <p>Official user manual and specifications for the Microlife upper arm blood pressure cuff. Learn about setup, maintenance, safety, and compatibility for accurate blood pressure monitoring.</p>
	<p>Microlife BP3GY1-2N Bluetooth Blood Pressure Monitor Instruction Manual</p> <p>This manual provides essential information for operating the Microlife BP3GY1-2N Bluetooth Blood Pressure Monitor. Learn about its features, proper usage, safety guidelines, and troubleshooting tips for accurate blood pressure and pulse monitoring at home.</p>

	<p>Microlife BP B1 Standard Blood Pressure Monitor User Manual</p> <p>Comprehensive user manual for the Microlife BP B1 Standard Blood Pressure Monitor, detailing setup, operation, measurement interpretation, troubleshooting, and technical specifications for accurate home health monitoring.</p>
	<p>Microlife BP W1 Basic: Accurate Wrist Blood Pressure Monitor Guide</p> <p>Learn how to accurately measure your blood pressure at home with the Microlife BP W1 Basic wrist monitor. This guide provides essential information on usage, features, and health benefits for effective cardiovascular health management.</p>