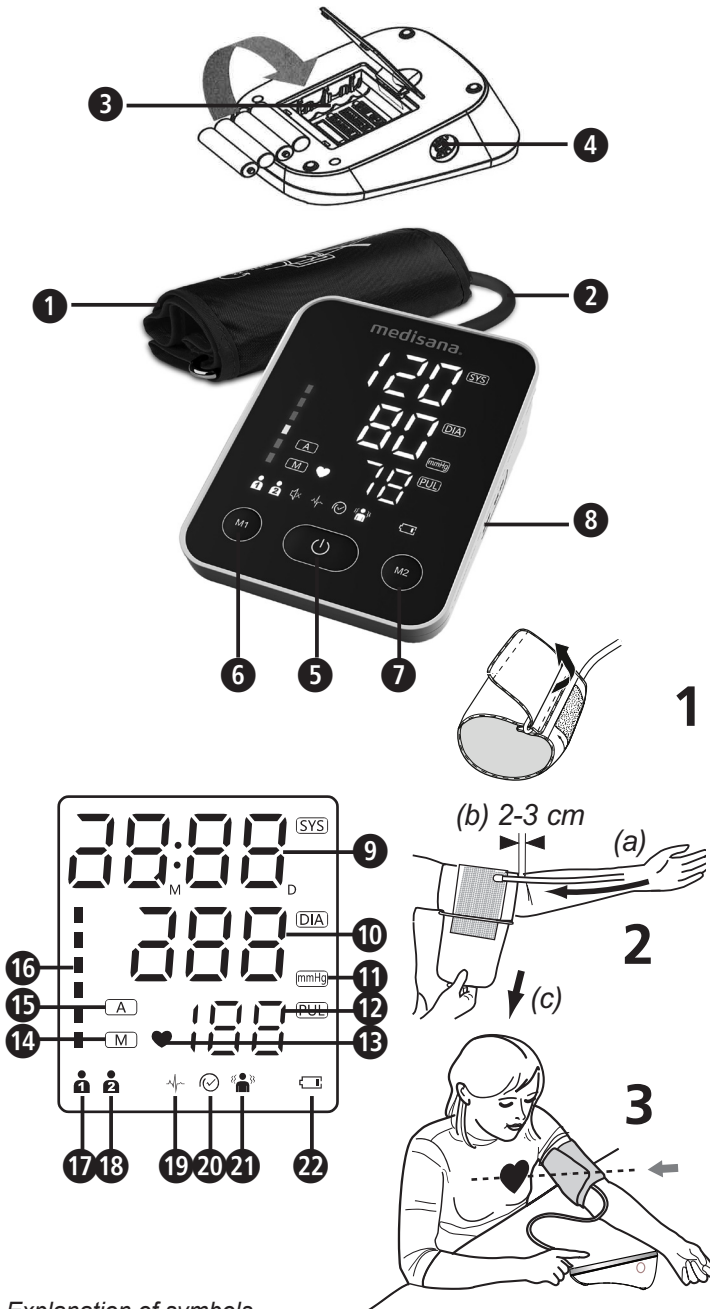


GB Instruction manual  
Upper arm blood pressure monitor  
BU 340

Unit and Display



Explanation of symbols

**IMPORTANT**  
Please read the instruction manual and follow the instructions before use.  
Not observing these instructions could result in serious injury or damage to the device.

**WARNING**  
These warning notes must be observed to prevent any injury to the user.

**CAUTION**  
These notes must be observed to prevent any damage to the device.

**NOTE**  
These notes provide you with some useful additional information on installation or operation of this product.

|                                                                                    |                                                |
|------------------------------------------------------------------------------------|------------------------------------------------|
|  | Device classification:<br>type BF applied part |
|  | Temperature range                              |
|  | Humidity range                                 |
|  | Ingress protection rating                      |
|  | LOT number                                     |
|  | Serial number                                  |
|  | Manufacturer                                   |
|  | Date of manufacture                            |

Device information:  
• Internally powered equipment  
• Not suitable for use in presence of flammable anesthetic mixture with air or with oxygen or nitrous oxide

**Intended use**  
• This fully automatic over-the-counter electronic upper arm blood pressure monitor is intended for measuring human's systolic and diastolic blood pressure and heart rate by using an oscillometric technique by means of a cuff, which needs to be fitted on the upper arm. All values can be read out in one LED panel. The useable cuff circumference is 22 to 42 cm. The device is intended for adult indoor use at home only.  
• The device is able to detect irregular heartbeat and indicate this with a symbol.

**Contraindication**  
• The device is not suitable for use on pregnant women and patients with implanted, electronical devices (e.g. pacemaker or defibrillator).

GB Safety instructions



Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use. Should you give this device to another person, it is vital that you also pass on these instructions for use.

- This product is intended only for private use at home.
- Only use the unit for its intended purpose in accordance with the instructions for use. Warranty claims become void if the unit is misused.
- The patient is an intended operator. The patient can measure data and change batteries under normal circumstances and maintain the device and its accessories according to the user manual. The applied part is the cuff.
- This upper arm blood pressure monitor is intended for use by adults aged 18 years and above. The device is not suitable for measuring the blood pressure of children or infants.
- Please ensure that the unit is kept away from the reach of children and pets. The swallowing of small part like packaging bag, battery, battery cover and so on may cause suffocation.
- The device has sensitive components. Be careful and ensure that the operating and storage conditions are met.
- Wait at least 30 minutes after consuming caffeine or tobacco before taking a measurement.
- Before taking a measurement, rest for 5-10 minutes and do not eat, drink alcohol, smoke, do not do any physical work, do not exercise or bathe. All these factors can influence the measurement result.
- Repeated measurements cause the blood to congestion, which can lead to a false result and/or unpleasant sensations (e.g. numbness in the arm). Successive blood pressure measurements should be taken with 3-minute breaks. If the symptoms do not subside within a few minutes, contact your doctor.
- Always measure on the same upper arm (usually left). For those who have had a mastectomy or lymph node clearance, it is recommended to take a measurement on the unaffected side.
- Measure your blood pressure regularly, at the same time every day, because blood pressure changes throughout the day.
- Ensure a comfortable and relaxed position and do not tense any muscle of the arm being measured during the measurement. If necessary, use a support cushion.
- Keep calm during the measurement: do not move or speak, otherwise the measurement results may change.
- Extreme temperatures, humidity or altitude can affect the performance of the unit.
- Cuffs that are too loose or tight cuff may lead to incorrect measurements.
- Do not take measurements, if any other equipment is applied to the same limb for monitoring. This could lead to disturbances or failures. This device is not suitable during intravenous injection to limbs or during dialysis treatment.
- The device is not suitable for use on pregnant women, patients with implanted, electronical devices (e.g. pacemaker or defibrillator), patients with pre-eclampsia, premature ventricular beats, atrial fibrillation, peripheral, arterial disease and patients undergoing intravascular therapy or arterio-venous shunt or people who received a mastectomy. Please consult your doctor prior to using the unit if you suffer from illnesses.
- If you suffer from circulation problems, arteriosclerosis, diabetes, liver disease, kidney disease, severe hypertension or peripheral circulation problems, consult your doctor before using the device.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure on the upper arm. It is not intended for use on extremities other than the upper arm or for functions other than obtaining a blood pressure measurement.
- Do not take any therapeutic measures on the basis of a self measurement. Never alter the dose of a medicine prescribed by a doctor. If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Contact your doctor if you have any further questions about blood pressure measurement with this device.
- Irregularity of pulse or arrhythmia can lead to difficulties in recording a correct reading when measurements are taken using oscillometric blood pressure devices. This device is electronically equipped to detect irregular heartbeat, which it indicates with the icon 19. In this case, contact your physician.
- Never bend the air hose during use as this may lead to injuries. Also never squeeze or block the air hose in any way.
- This device cannot be placed near or used at the same time as any surgical equipment.
- Do not use this device if there are any wounds or injuries present on the arm.
- If you experience discomfort during a measurement, such as pain in the upper arm or other complaints, press the START/STOP button 5 to release the air immediately from the cuff. Loosen the cuff and remove it from your arm.
- If a fault occurs causing the cuff to remain fully inflated during measurement, open the cuff immediately. Prolonged high pressure applied to the arm may lead to bruising.
- Before use, make sure the device functions safely and is in proper working condition. Do not service or maintain while the device is in use.
- Check the device for damage. The use of a damaged device can result in injury, incorrect readings or serious hazards.
- The unit may not be operated in the vicinity of appliances that emit strong electric radiation such as radio transmitters or mobile phones. This may affect the proper functioning (see "electromagnetic compatibility").
- The device and its components are suitable for use within the patient environment. If you are allergic to polyester, nylon or plastic, please don't use this device.
- Do not touch output of batteries and the patient simultaneously.
- Please do not attempt to repair the unit yourself in the event of malfunctions. Only have repairs carried out by authorised service centres.
- Only use original additional or spare parts from the manufacturer. Other parts could damage the device or could lead to personal injury.
- Please report to **medisana** if any unexpected operation or events occur.
- Only use the device under the conditions mentioned in the technical details. Otherwise, the lifespan and performance of the device could suffer.
- If you have any infectious skin disease or the device is used by users with infectious skin disease, please do not continue using the device. Before using the device, user should check the appearance of cuff. If you notice blood or other soil on cuff, please do not use this device. If there is one of above situations, please dispose of the device without reuse.
- Protect the appliance from heavy blows and do not drop it.
- If the unit is not going to be used for a long period, please remove the batteries.
- Accuracy: In case it is needed to have the device checked for calibration, please consult the service center.

BATTERY SAFETY INFORMATION

- Do not disassemble batteries!
- A battery icon on display indicates low power or incorrect direction of the batteries. We recommend that you replace the batteries with new ones and make sure the +/- ends of the batteries are placed correctly.
- To extend the service life of the batteries and prevent damage due to leakage, please remove the batteries from the device if it has not been used for a long time.
- If battery leakage occurs, do not allow the battery acid to come into contact with your skin, eyes, or mucous membranes! If battery acid comes in contact with any of these parts, rinse the affected area with copious amounts of fresh water and seek medical attention immediately!
- If a battery is swallowed seek medical attention immediately!
- Replace all of batteries at the same time! Only replace batteries with those of the same type, and never use different types of batteries together or used batteries with new ones.
- Replace all of the batteries simultaneously!
- Only replace with batteries of the same type, never use different types of batteries together or used batteries with new ones.
- Insert the batteries correctly, observing the polarity!
- Keep batteries out of children's reach!
- Do not attempt to recharge batteries, do not short-circuit and do not throw into a fire! **There is a danger of explosion!**
- Do not throw used batteries into the household refuse; put them in a hazardous waste container or take them to a battery collection point, at the shop where they were purchased!

Unit and Display

- |                                             |                                                    |                                   |
|---------------------------------------------|----------------------------------------------------|-----------------------------------|
| 1 Cuff                                      | 2 Air hose                                         | 3 Battery compartment             |
| 4 Connector for the hose                    | 5 START/STOP button                                | 6 M1 button                       |
| 7 M2 button                                 | 8 USB Type-C power input                           | 9 Date / Time / Systolic pressure |
| 10 Diastolic pressure                       | 11 Unit of blood pressure                          | 12 Pulse rate                     |
| 13 Heartbeat symbol                         | 14 Memory recall                                   |                                   |
| 15 Average value of the last 3 measurements | 16 Blood Pressure Indicator (green - yellow - red) |                                   |
| 17 User memory 1                            | 18 User memory 2                                   | 19 Irregular heartbeat symbol     |
| 20 Cuff fitness detection                   | 21 Movement detection                              | 22 Low battery symbol             |

Scope of supply

Please check first of all that the device is complete and is not damaged in any way. In case of doubt, do not use it and contact your dealer or your service centre.  
The following parts are included:  
• 1 **medisana** upper arm blood pressure monitor **BU 340**  
• 4 batteries (type AAA, LR03) 1.5V  
• 1 instruction manual  
• 1 cuff with air tube  
• 1 storage pouch  
• 1 USB Type-C cable

Please contact your supplier if you notice any transport damage on unpacking the unit.

**WARNING** - Please ensure that the polythene packing is kept out of reach of children as there is risk of suffocation!

How is blood pressure measured?

This product is an upper arm blood pressure monitor used to measure blood pressure at the upper arm. This device can measure blood pressure simultaneously with cuff inflation via a microprocessor, allowing for faster measurement than conventional methods.

Blood pressure classification

| systolic mmHg | diastolic mmHg | Bloodpressure indicator 15 |
|---------------|----------------|----------------------------|
| ≥ 180         | ≥ 110          | red                        |
| 160 - 179     | 100 - 109      | red                        |
| 140 - 159     | 90 - 99        | red                        |
| 130 - 139     | 85 - 89        | yellow                     |
| 120 - 129     | 80 - 84        | green                      |
| < 120         | < 80           | green                      |

**WARNING** - Blood pressure that is too low represents just as great a health risk as blood pressure that is too high! Fits of dizziness may lead to dangerous situations arising (e.g. on stairs or in traffic)!

Influencing and evaluating readings

- Measure your blood pressure several times, then record and compare the results. Do not draw any conclusions from a single reading.
- Your blood pressure readings should always be evaluated by a doctor who is also familiar with your personal medical history.
- When using the unit regularly and recording the values for your doctor, you should visit the doctor from time to time to keep him updated.
- When taking readings, remember that the daily values are influenced by several factors. Smoking, consumption of alcohol, drugs and physical exertion influence the measured values in various ways.
- Measure your blood pressure before meals.
- Before taking readings, allow yourself at least five minutes rest.
- If the systolic and diastolic readings seem unusual (too high or too low) on several occasions, despite correct use of the unit, please inform your doctor. This also applies to the rare occasions when an irregular or very weak pulse prevents you from taking readings.

Getting started - Inserting/changing batteries

You must insert the batteries provided before you can use your unit. The lid of the battery compartment 3 is located on the underside of the unit. Open it, remove it and insert the 4 x 1,5 V batteries, type AAA / LR03 supplied. Ensure correct polarity when inserting the batteries (as marked inside the battery compartment). Close the battery compartment. Replace the batteries if the low battery symbol 22 appears on the display or if nothing appears on the display after the unit has been switched on. (Please do not mix old and new batteries)

Type-C connection for Power Supply

In addition to the batteries, the power can also be supplied by plugging into DC 5V external power supply through a Type-C port. (The Type-C cable is included in the packing)

Settings - Setting date and time

1. Press the START/STOP button 5 to enter into standby mode, the screen displays date and time alternately.
2. Press and hold the M1 button 6, then press the START/STOP button 5 to enter into the mode of Date/Time setting.
3. First the year flashes, which you can adjust with the M1 button 6 and M2 button 7. Then press the START/STOP button 5 to confirm the entry and to move to the next setting option.
4. Proceed in the same way for month, day, hour and minute. After about 30 seconds without further operation, the device automatically saves the setting and switches off.

Fitting the cuff

1. Connect the air hose to the connector 4 on the left side of the device.
2. Slide the open end of the cuff through the metal bracket so that the Velcro fastener is on the outside and it becomes a cylindrical form (Fig.1). Slide the cuff over your left upper arm.
3. Position the air hose in the middle of your arm in line with your middle finger (Fig.2) (a). The lower edge of the cuff should be 2 - 3 cm above the crease of the elbow. (b). Pull the cuff tight and close the Velcro fastener (c).
4. Tighten the end of the cuff so that it wraps evenly around your arm, leaving room for 2 fingers between the cuff and your arm.
5. Measure the blood pressure on your bare arm.
6. Only position the cuff on the right arm if it cannot be used on the left arm. Always carry out measurements on the same arm.
7. Correct measuring position for sitting (Fig.3). Make sure that the cuff does not slip during measurement and that the printed arrow points to the crook of the arm.

Taking a blood pressure measurement

1. After applying the cuff, press the START/STOP button 5 to enter into standby mode, the screen display the date and time alternately. When the device is in standby mode, press the START/STOP button 5 to start the measurement.
2. All display characters are shown (display test). This test can be used to check that the display is indicating properly and in full. The unit is ready for measurement and „00“ appears.
3. The device then automatically inflates the cuff slowly in order to measure your blood pressure. The rising pressure in the cuff is shown on the display.
4. When the device detects the pulse, the heartbeat symbol 13 on the display starts to flash. If a result is determined, the device slowly will release the air from the cuff. The systolic and diastolic blood pressure and the pulse value appear on the display.
5. The blood pressure indicator 16 appears next to the relevant coloured bar depending on the blood pressure classification.
6. If the unit has detected an irregular heartbeat, the irregular heartbeat symbol 19 appears additionally.
7. After the measurement, the user memory 1 17 and user memory 2 18 icons will flash to remind the user to save the measured values. Press M1 6 or M2 7 button to save the measured values in corresponding memory slot.
8. After about 30 seconds without further operation, the machine switches off automatically. You could also press the START STOP button 5 to turn off the device.

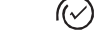
Displaying stored results

This unit features 2 separate memories, each with a capacity of 100 memory slots. Results are stored in the memory selected by the user. User can call up the stored measured values after a measurement or in standby mode, press M1 button 6 to select user memory 17 or press the M2 button 7 to select user memory 2 18. The average values of the last 3 measurements 15 appear on the display. If you now press the M1 6 or M2 7 button again, the last measurement taken appears on the display. Press the M1 6 or M2 7 button again to scroll through the measured values. By pressing the START/STOP button 5 you can leave the memory recall mode at any time and at the same time the device switches to standby mode. If 100 measured values are stored in the memory and a new value is saved, the oldest value is deleted.

Deleting stored values

Enter the memory recall mode as described above and press and hold the M1 6 or M2 7 button for at least 3 seconds. The memory of the relevant user is cleared ("CL" appears). To delete the memory of all users, hold M1 button 6 for at least 3 seconds when the device is switched off or in standby mode. The display will show "CL" which means all stored values are cleared.

Troubleshooting

| Display                                                                             | Cause                                                                                             | Solution                                                                                       |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| ER00                                                                                | The device cannot find zero point.                                                                | Please contact the seller or manufacturer.                                                     |
| ER01                                                                                | Blood pressure and pulse cannot be measured.                                                      | Check the connection of the air hose. Repeat the measurement.                                  |
| ER02                                                                                | The cuff is not wrapped snugly enough.                                                            | Switch the device off and on again. Then repeat the measurement.                               |
| ER03                                                                                | There is an adverse body movement.                                                                | Wrap the cuff properly. Remeasure in correct way. Do not speak or move during the measurement. |
|  | The batteries are low but the device can still operate normally.                                  | Prepare for battery replacement.                                                               |
|  | The batteries are weak.                                                                           | Prepare for battery replacement.                                                               |
|  | Cuff not correctly applied (e.g. too tight or too loose).                                         | Wrap the cuff properly. Remeasure in correct way.                                              |
|  | If there is too much movement or talking during measurement, measurement values may be incorrect. | Remeasure in correct way. Do not speak or move during the measurement.                         |
| EP                                                                                  | Contact the customer service.                                                                     |                                                                                                |

Cleaning and maintenance

Remove the batteries before cleaning the unit. Clean the unit and cuff using a soft cloth lightly moistened with water. Never use abrasive cleaning agents, alcohol, naptha, thinner or gasoline etc. Never immerse the unit or any component in water. Be cautious not to get any moisture in the main unit. Do not wet the cuff or attempt to clean the cuff with water. Using a dry cloth, gently wipe away any excess moisture that may remain on the cuff. Lay the cuff flat in an unrolled position and allow the cuff to air dry. Do not expose the unit to direct sunlight; protect it against dirt and moisture. Do not expose the unit to extreme hot or cold temperatures. Keep the device in the storage case when not in use. Store the unit in a clean and dry location.

Disinfection

1. If used by yourself in a home environment, wipe the cuff once a month with a commercially available cotton cloth with 75% alcohol for more than 30 seconds at a time for disinfection in addition to the normal cleaning routine.
2. If used for more than one person (home use), wipe the cuff once a week with a commercially available cotton cloth with 75% alcohol for more than 30 seconds at a time for disinfection in addition to the normal cleaning routine.
3. After cleaning/disinfection and before use, make sure that there are no blood stains or dirt on the display, the device or the cuff. If there are blood spots or dirt that cannot be removed, please dispose of the device without reusing it.
4. If used in a complex environment (e.g. in a hospital) or by persons outside your own family, replace the cuff with a new one after use.

Disposal

 This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Remove the batteries before disposing of the device/unit. Do not dispose of old batteries with your household waste, but at a battery collection station at a recycling site or in a shop. Consult your local authority or your supplier for information about disposal.

Guidelines / Standards

This upper arm blood pressure monitor meets the requirements of the EU standard for noninvasive upper arm blood pressure monitors. It is certified in accordance with EC Guidelines and carries the CE symbol (conformity symbol) "CE 0123". The upper arm blood pressure monitor corresponds to European standards EN 1060-3, EN 81060-1 and EN 81060-2.. The specifications of EU Guideline "93/42/EEC of the Council Directive dated 14 June 1993 concerning medical devices" are met.

Technical specifications

|                                              |                                                                                                                |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Name and description:                        | <b>medisana</b> Upper arm blood pressure monitor <b>BU 340 (LD-528)</b>                                        |
| Display system / Memory slots:               | Digital display / 2 x 100                                                                                      |
| Measuring method:                            | Oscillometric                                                                                                  |
| Power supply:                                | 4 x 1.5V = AAA "LR03" alkaline battery / USB Type-C DC 5V 1A                                                   |
| Blood pressure measuring range:              | 40 - 180 mmHg (DIA, diastolic pressure)<br>60 - 260 mmHg (SYS, systolic pressure)<br>40 - 160 beats per minute |
| Pulse measuring range:                       | ± 3 mmHg                                                                                                       |
| Maximum error tolerance for static pressure: | ± 5 % of the value                                                                                             |
| Maximum error tolerance for pulse rate:      | Automatic with pump / Automatic                                                                                |
| Pressure generation / Deflation:             | 3 years (Temperature 20 ± 2°C; rel. humidity 65 ± 20 %)                                                        |
| Shelf life (batteries):                      | Approx. 5 years with 4 times daily use                                                                         |
| Product life span:                           | +5°C to +40°C, 15% to 90% relative humidity, non-condensing, 70kPa to 106kPa atmospheric pressure              |
| Operating conditions:                        | -25°C to +70°C, relative humidity ≤ 90%, 70kPa to 106kPa atmospheric pressure                                  |
| Storage / Transportation conditions:         | Approx. 140 x 106 x 48 mm / 22 - 42 cm                                                                         |
| Dimensions / Cuff:                           | Approx. 240 g ± 5 g without batteries                                                                          |
| Weight (main unit):                          | 50013                                                                                                          |
| Item number:                                 | 4 897138 50013 9                                                                                               |
| EAN number:                                  |                                                                                                                |

**In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.**

Warranty and repair terms

Please contact your supplier or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is. The following warranty terms apply:  
1. The warranty period for **medisana** products is 5 years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.  
2. Defects in material or workmanship will be removed free of charge within the warranty period.  
3. Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.  
4. The following is excluded under the warranty:  
a. All damage which has arisen due to improper treatment, e.g. nonobservance of the user instructions.  
b. All damage which is due to repairs or tampering by the customer or unauthorised third parties.  
c. Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.  
d. Accessories which are subject to normal wear and tear.  
5. Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

 **HONSUN (NANTONG) Co., Ltd.**  
No.8 Tongxing Road Economic & Technological Development Area 226009 Nantong City PEOPLE'S REPUBLIC OF CHINA  
 **Shanghai International Holding Corp. GmbH (EUROPE)**  
Eiffestrasse 80, 20537 Hamburg GERMANY

medisana®

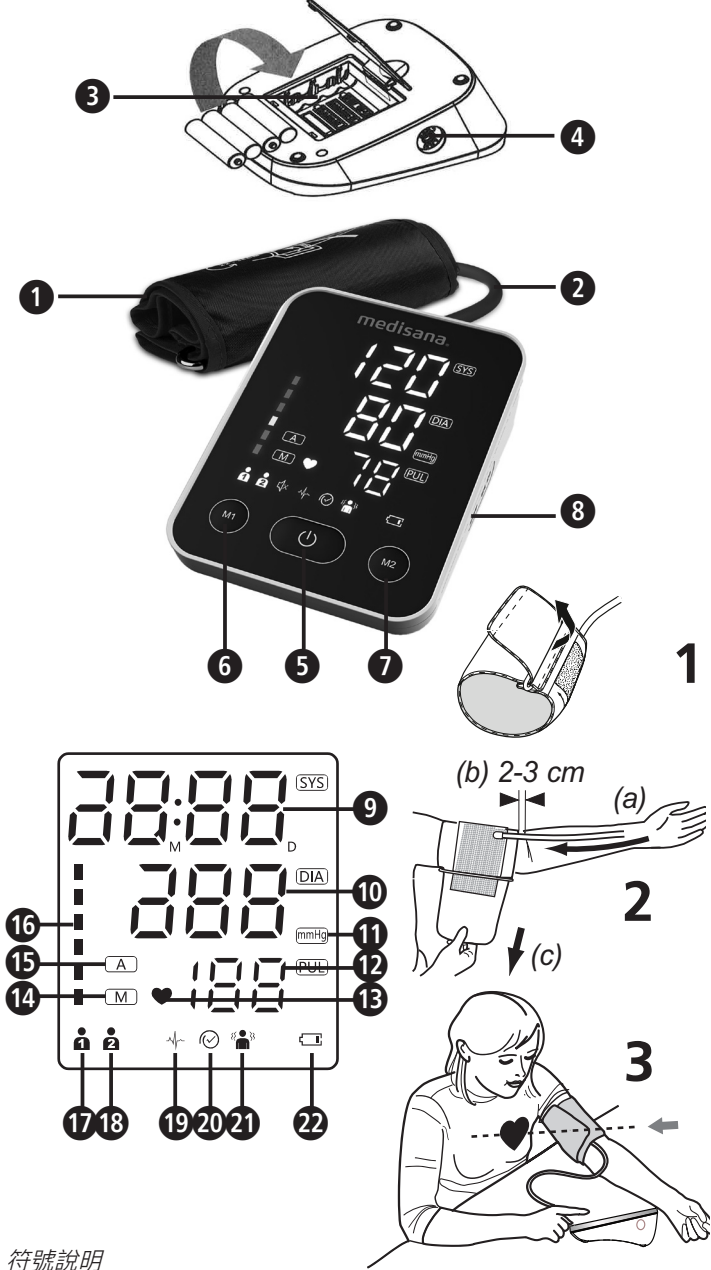
## "馬德保康"手臂式電子血壓計

"medisana" Upper Arm Blood Pressure Monitor

衛部醫器陸輸字第001750號

說明書

TW 本產品和螢幕



符號說明

|  |                                                                   |
|--|-------------------------------------------------------------------|
|  | <b>重要提示</b><br>請在使用前閱讀使用說明書並按照說明操作。<br>請嚴格遵守這些指示，否則可能造成嚴重傷害或設備損毀。 |
|  | <b>警告</b><br>為了預防使用者受傷，必須嚴格遵循以下警告。                                |
|  | <b>注意</b><br>為了預防設備受損，必須嚴格遵循以下注意事項。                               |
|  | <b>備註</b><br>這些附註提供關於安裝或操作本產品的一些實用額外資訊。                           |
|  | 設備分類：BF 類型應用部件                                                    |
|  | 溫度範圍                                                              |
|  | 濕度範圍                                                              |
|  | 防護等級                                                              |
|  | 大氣壓力範圍                                                            |
|  | 批號                                                                |
|  | 序號                                                                |
|  | 製造業者                                                              |
|  | 製造日期                                                              |

**預期用途**  
• 本款全自動非處方電子手臂式電子血壓計，採用脈帶振盪測量技術，用以測量人體的收縮壓、舒張壓及心率，須將脈帶帶正確佩戴於上臂。各項數值均可透過LED面板清晰顯示。適用的脈帶帶周長範圍為22至42公分。此設備專為成人在家庭室內環境下使用而設計。  
• 該設備能夠偵測心律不整，並以符號表示。

**禁忌症**  
• 本產品不適宜用於孕婦及植入電子醫療裝置的病患（如心律調節器或除顫器）。

### TW 安全指示



在使用本產品前，請務必詳細閱讀使用手冊，特別注意安全指南部分，並妥善保管該手冊以供日後參考。若您將本產品轉交他人使用，請務必連同使用手冊一同轉交給他們。



- 本產品僅限於家庭私人使用。
- 僅將本產品用於指定用途。若有誤用，將導致保修申請無效。
- 病患為預期的操作者。在正常情況下，病患能夠測量數據、更換電池，並依照使用說明書進行設備及其附件的維護。應用部件為脈脈帶。
- 本產品適合18歲以上成人使用。本產品不適合用於測量兒童或嬰兒的血壓。
- 請務必將設備置於兒童與寵物觸及不到的地方。誤吞包裝袋、電池、電池蓋等小物件可能造成窒息。
- 該設備含有敏感性組件，請小心謹慎，確保符合操作及儲存條件。
- 於攝取咖啡因或煙草後，請至少等待30分鐘再進行測量。
- 在進行測量前，請先休息5至10分鐘，期間避免進食、飲酒、吸菸，並且不要進行任何體能活動，包括運動或沐浴。這些因素均可能對測量結果造成影響。
- 重複測量可能導致血液充血，進而引發不準確的結果和/或不適感（如手臂麻木）。連續進行血壓測量時，應每次間隔3分鐘。若症狀於數分鐘內未得到緩解，請立即聯絡您的醫師。
- 始終在同一上臂（通常是左臂）進行測量。對於曾進行乳房切除手術或淋巴結清除手術的人士，建議在未受影響的一側進行測量。
- 請定期測量血壓，並於每日相同時間進行，以便掌握血壓在一天之中的變化情形。
- 確保採取舒適且放鬆的姿勢，在測量期間勿緊繃被測量手臂的肌肉。如有需要，可使用支撐墊。
- 測量期間請保持冷靜：避免移動或說話，以免影響測量結果。
- 極端的溫度、濕度或高度可能會影響設備的性能。
- 脈脈帶過鬆或過緊均可能造成測量誤差。
- 若同一肢體正使用其他設備進行監測，請避免進行測量，以免造成干擾或故障。本設備不宜於肢體進行靜脈注射或透析治療時使用。
- 本產品不適用於孕婦、植入電子醫療裝置者（如心律調節器或除顫器）、罹患妊娠高血壓、室性早搏、心房顫動、周邊動脈疾病、接受血管內治療或進行動靜脈瘻手術的病患，以及曾經進行乳房切除手術的人士。若您有健康疑慮，使用本設備前請務必先諮詢醫師意見。
- 若您有血液循環問題、動脈硬化、糖尿病、肝炎、腎病、重度高血壓或周邊血管循環不良等病症，使用本產品前請先諮詢醫師意見。
- 本產品專為非侵入式地測量和監測上臂動脈血壓而設計。不適用於上臂以外的其他四肢，亦不適用於血壓測量以外的其他功能。
- 請勿依據自行測量的結果調整任何治療方案。切勿擅自改變醫師所開立處方藥的劑量。若您正在進行藥物治療，請先詢問醫師以確認最佳測量血壓的時機。若對使用本產品測量血壓有任何疑問，請洽詢您的醫師。
- 使用振動式血壓計進行測量時，若出現脈搏不規則或心律不整，可能會造成無法準確記錄讀值。本產品配備了電子檢測功能，能夠偵測到心律不整，並透過 **10** 圖示進行提示。若遇此情形，請與您的醫師聯繫。
- 使用過程中請勿彎折氣管，以免造成受傷。同時，也請勿以任何方式壓迫或堵塞氣管。
- 請勿將本產品置於手術設備附近或與之同時使用。
- 若手臂上有任何傷口或受損，請勿使用本產品。
- 若在測量期間出現不適感，如上臂疼痛或其他不適症狀，請立刻按下啟動/停止按鈕 **5**，迅速釋放脈脈帶內的氣壓。鬆開脈脈帶後，請將其從手臂上移除。
- 若故障造成脈脈帶在測量過程中持續處於充氣狀態，請立刻鬆開脈脈帶。長時間施加高壓可能會引起瘀青。
- 使用前，請確認設備安全可靠且處於良好的工作狀態。請勿在設備運作期間進行維修或保養。
- 請檢查設備是否有損壞。使用受損的設備可能會造成人身傷害、讀數錯誤或嚴重的危害。
- 本產品不宜於強電磁輻射設備附近操作，例如無線電發射器或手機，以免影響正常功能（詳見「電磁兼容性」章節）。
- 設備及其組件適宜於患者環境中使用。若您對聚酯纖維、尼龍或塑膠有過敏反應，請避免使用本產品。
- 請勿同時接觸電池輸出端和病患。
- 若設備發生故障，請勿自行修理，僅能由授權服務中心進行維修。
- 僅使用製造業者提供的原廠附加配件或備用零件。使用其他非原廠零件可能會損壞設備或造成人身傷害。
- 若發生任何意外操作或事件，請向medisana回報。
- 請僅在技術細節中提到的條件下使用設備。否則，設備的壽命和性能可能會受到影響。
- 若您患有任何傳染性皮膚疾病，或該設備曾經被患有傳染性皮膚疾病的用戶使用過，請勿繼續使用本產品。在使用設備前，應先檢查脈脈帶是否完好無損。若脈脈帶上有血跡或其他污漬，切勿使用此設備。如遇此情形，應立即丟棄設備，避免再次使用。
- 請妥善保護設備，避免遭受重擊或掉落。
- 若長時間未使用該設備，請取出電池。
- 準確性：如需檢查設備校準情況，請諮詢服務中心。

### 電池安全訊息

- 請勿拆解電池！
- 顯示屏上的電池圖示若表示電量不足或電池方向安裝不當，建議您更換新電池，並確認電池正負極朝向正確。
- 為了延長電池的使用壽命並預防因電池滲漏導致的損害，若設備長期不使用，請將電池取出。
- 若電池發生滲漏，切勿讓電池液接觸皮膚、眼睛或黏膜！若不慎讓電池液接觸上述部位，請立即以大量清水沖洗受影響區域，並迅速尋求醫療協助！
- 若不慎吞嚥電池，請立刻尋求醫療協助！
- 請同時更換所有電池，並僅使用相同型號的電池進行替換，切勿混合使用不同型號或將舊電池與新電池一起使用。
- 請同時更換所有電池！
- 僅使用相同類型的電池進行更換，切勿將不同類型的電池或是舊電池與新電池混合使用。
- 請正確插入電池，並留意極性！
- 請將電池置於兒童無法觸及之處！
- 請勿嘗試為電池充電、避免短路，且切勿投入火中！存在爆炸的風險！
- 請勿將使用過的電池丟棄於家庭垃圾；請將其置於危險廢棄物容器，或攜至購買電池處的回收站。

### 裝置和顯示

- 1 脈脈帶
- 2 氣管
- 3 電池盒
- 4 氣管連接器
- 5 啟動/停止按鈕
- 6 M1 按鈕
- 7 M2 按鈕
- 8 USB Type-C 電源輸入
- 9 日期/時間/收縮壓
- 10 舒張壓
- 11 血壓單位
- 12 脈搏速率
- 13 心跳符號
- 14 記憶回放
- 15 最後三次測量的平均值
- 16 血壓指標（綠 – 黃 – 紅）
- 17 用戶記憶 1
- 18 用戶記憶 2
- 19 心率不整符號
- 20 脈脈帶貼合檢測
- 21 動作檢測
- 22 低電量符號

### 供貨範圍

請先確認裝置是否完好無損。若有任何疑慮，請勿使用，並立即聯繫您的經銷商或服務中心。

以下部件包括：

- 1 個 medisana 手臂式電子血壓計 BU 340
- 4 個電池（AAA 型號，LR03）1.5V
- 1 個收納袋
- 1 本使用說明書
- 1 個帶氣管的脈脈帶
- 1 個收納袋
- 1 條 USB Type-C 纜線

若於拆封時發現裝置有任何運輸損毀，請立即聯絡您的供應商。

## 警告：請將聚乙烯包裝袋置於兒童無法觸及之處，避免發生窒息之風險！

### 如何測量血壓？

本產品為一款手臂式電子血壓計，專用於測量上臂血壓。該裝置透過微處理器於脈脈帶充氣時同步測量血壓，相較於傳統方法，具有更快的測量速度。

### 血壓分類

| 收縮壓 mmHg  | 舒張壓 mmHg  | 血壓指標 <b>16</b> |
|-----------|-----------|----------------|
| ≥ 180     | ≥ 110     | 紅色             |
| 160 – 179 | 100 – 109 | 紅色             |
| 140 – 159 | 90 – 99   | 紅色             |
| 130 – 139 | 85 – 89   | 黃色             |
| 120 – 129 | 80 – 84   | 綠色             |
| < 120     | < 80      | 綠色             |

## 警告：血壓過低與血壓過高同樣會對健康帶來重大風險！眩暈可能引發危險情形（例如在樓梯上或是交通中）！

### 影響和評估讀數

- 多次量測您的血壓，隨後記錄並比對結果。切勿僅憑單一讀值作出結論。
- 您的血壓讀數應由熟悉您個人病史的醫師評估。當您定期使用此裝置並將數據記錄下來提供給醫師時，應定期就診，以便醫師掌握您的最新健康狀況。
- 在測量時，請注意每日的讀數會受到多種因素所影響，包括吸煙、飲酒、用藥及體力勞動等，這些都可能以不同的方式對測量值造成影響。
- 在餐前測量血壓。
- 在測量前，至少讓自己休息五分鐘。
- 若多次測量中，收縮壓與舒張壓的讀數顯示異常（過高或過低），即便是正確操作設備，也請告知您的醫師。此外，若在罕見狀況下因不規則或極微弱脈搏而無法進行測量，同樣應通知醫師。

### 開始使用 – 插入/更換電池

在啟用設備前，需先安裝隨附的電池。電池艙 **8** 蓋位於設備底部，請打開該蓋子，並放入四顆1.5V AAA / LR03型電池。安裝電池時，務必依照電池艙內所示標記確保正負極性正確無誤。然後蓋上電池蓋。若顯示屏出現低電量提示符號 **22** 或設備開啟後顯示屏未亮起，請更換電池。（請勿將新舊電池混合使用）

### TYPE-C 電源連接

除了電池供電，還可以通過 Type-C 端口連接 DC 5V 外部電源供電。（包裝中包含 Type-C 纜線）

### 設置 – 設置日期和時間

1. 按下啟動 / 停止按鈕 **5**，進入待機模式，屏幕將交替顯示日期和時間。
2. 請長按 M1 鍵 **6**，接著按下啟動/停止鍵 **5** 以進入日期/時間設定模式。
3. 首先閃爍的是年份，您可以使用 M1 按鈕 **6** 和 M2 按鈕 **7** 進行調整。然後按下啟動/停止按鈕 **5** 確認並進入下一個設置選項。
4. 依相同方式設定月、日、時與分。若約30秒內無進一步操作，設備將自動儲存設定並關機。

### 佩戴脈脈帶

1. 將氣管連接到設備左側的連接器 **4** 上。
2. 將脈脈帶開口端滑入金屬支架，確保魔術貼位於外側，並形成圓柱狀（見圖1）。再將脈脈帶帶過左上臂。
3. 將氣管置於手臂中央，與中指對齊（圖2）（a）。脈脈帶下緣應位於肘部摺痕上方2至3 cm處（b）。拉緊脈脈帶後，扣緊尼龍搭扣（c）。
4. 拉緊脈脈帶的末端，使其均勻地包裹在手臂上，並留出兩個手指的空間。
5. 在您的裸臂上測量血壓。
6. 僅當左臂無法使用時，方將臂帶置於右臂。請始終於同一臂上進行測量。
7. 正確的坐姿測量位置（見圖3）。請確保測量時脈脈帶固定不滑動，且印刷箭頭指向手臂彎曲處。

### 進行血壓測量

1. 佩戴脈脈帶後，請按下啟動/停止按鈕 **5** 以進入待機模式，屏幕將交替顯示日期與時間。當設備處於待機模式時，再次按下啟動/停止按鈕 **5** 即可開始測量。
2. 所有顯示字符都會顯示（顯示測試）。此測試用以檢視顯示功能是否正常且完整。設備已準備就緒進行測量，並顯示「00」。
3. 然後，設備會自動緩慢充氣壓脈脈帶以測量您的血壓。脈脈帶中的上升壓力顯示在顯示屏上。
4. 當設備檢測到脈搏時，顯示屏上的心跳符號 **13** 開始閃爍。如果測量結果確定，設備會慢慢釋放脈脈帶中的空氣。收縮壓、舒張壓和脈搏值將顯示在屏幕上。
5. 根據血壓分類，血壓指標 **16** 將出現在相應的顏色條旁邊。
6. 如果設備檢測到心率不整，則心律不整符號 **19** 也會出現。
7. 測量結束後，用戶記憶 1 **17** 和用戶記憶 2 **18** 圖標將閃爍，提醒用戶保存測量值。按 M1 **6** 或 M2 **7** 按鈕將測量值保存到相應的記憶槽中。
8. 大約30秒內無進一步操作後，設備將自動關閉。您也可以按下啟動/停止按鈕 **5** 來關閉設備。

### 顯示已存儲的結果

本產品配備兩個獨立記憶體，每個記憶體可儲存100個記憶槽。結果將儲存在用戶指定的記憶體中。用戶可在測量結束後或處於待機模式時，調閱已儲存的測量值。按下 M1 鍵 **6** 選擇用戶記憶1 **17**，或按 M2 鍵 **7** 選擇用戶記憶 2 **18**。屏幕將顯示該用戶最近三次測量的平均值 **15**。若再次按下 M1 **6** 或 M2 **7** 鍵，則會在顯示屏上展示最新一次的測量值。再按 M1 **6** 或 M2 **7** 鍵可瀏覽其他測量值。隨時可按下啟動/停止鍵 **5** 退出記憶回放模式，也會同步進入待機模式。若記憶體已滿且有新的測量值儲存，則最舊的記憶值將被覆蓋。

### 刪除已存儲的值

進入記憶回放模式，如上所述，按住M1 **6** 或 M2 **7** 按鈕至少3秒鐘。相應用戶的記憶將被清除（顯示“CL”）。要刪除所有用戶的記憶，在設備關閉或待機模式下，按住 M1 按鈕 **6** 至少3秒鐘。顯示屏將顯示“CL”，表示所有存儲的值已被清除。

### 故障排除

| 顯示   | 原因                         | 解決方案                                     |
|------|----------------------------|------------------------------------------|
| ER00 | 設備無法找到零點。                  | 請聯繫賣家或製造業者。                              |
| ER01 | 無法測量血壓和脈搏。                 | 檢查氣管連接。重複測量。                             |
| ER02 | 脈脈帶未包緊。                    | 請先關閉設備，再重新開啟。之後，請重複進行測量。                 |
| ER03 | 存在不良的身體動作。                 | 請正確佩戴脈脈帶，並以正確方式重新進行測量。在測量過程中，請保持安靜且不要移動。 |
|      | 電池電量不足，但設備仍可正常運行。          | 準備更換電池。                                  |
|      | 電池電量低。                     | 準備更換電池。                                  |
|      | 脈脈帶未正確應用（例如太緊或太鬆）。         | 正確包裹脈脈帶。以正確方式重新測量。                       |
|      | 若在測量期間過度移動或說話，可能導致測量值出現誤差。 | 請以正確方式重新進行測量。在測量過程中，請勿進行說話或移動。           |
| EP   | 聯繫客服。                      |                                          |

### 清潔和維護

請於清潔設備前取出電池。使用微濕的軟布清潔設備及脈脈帶。請勿使用具研磨性的清潔劑、酒精、揮發性劑、稀釋液或汽油等。切勿將設備或任何零件浸泡於水中。請注意防止水分進入主機內部。避免弄濕脈脈帶，亦不應試圖以水清洗脈脈帶。若脈脈帶上有殘留水分，請用乾布輕拭。將脈脈帶平鋪於通風處，讓其自然風乾。避免將設備置於陽光直射之處，以免受到灰塵及濕氣影響。同時，也不宜將設備放置於極高溫或低溫的環境中。當設備閒置時，請收納於儲存盒中，並存放於清潔且乾燥的環境。

### 消毒

1. 若於家中自行使用，除了日常清潔程序外，建議每月以市面上販售的75%酒精棉片擦拭脈脈帶一次，每次應超過30秒以確保消毒效果。
2. 若有多人使用（家庭使用），除了執行常規清潔程序外，請每週使用市面上販售的75%酒精棉布，對脈脈帶進行擦拭消毒，每次應持續超過30秒。
3. 清潔/消毒後及使用前，請確認顯示屏、設備或脈脈帶上無殘留血跡或污垢。若有難以清除的血跡或污垢，應立即丟棄設備，切勿重複使用。
4. 如果在複雜環境（例如醫院）或家庭外的人使用，使用後請更換新的脈脈帶。

### 丟棄



本產品不宜與家庭垃圾一同棄置。所有用戶均應將任何電氣或電子設備，無論其是否含有有害物質，送至市政或商業收集處，以確保環保方式回收。在處置設備/裝置前，請先取出電池。舊電池不應與家庭垃圾一起棄置，請將之送至回收站或商店設置的電池收集點。關於處理程序的詳細資訊，請諮詢當地主管機關或供應商。

### 指導方針 / 標準

這款手臂式電子血壓計遵循歐盟標準，適合非侵入式上臂血壓測量使用。本產品符合EC指導方針，並附有CE標誌（符合性標記）“CE 0123”。上臂血壓計滿足歐洲標準EN 1060–3、EN 81060–1及EN 81060–2的相關要求，並遵守“1993年6月14日歐盟關於醫療設備指導方針93/42/EEC的規範”。

### 技術規格

|             |                                                  |
|-------------|--------------------------------------------------|
| 名稱和描述：      | "馬德保康"手臂式電子血壓計                                   |
| 顯示系統 / 記憶槽： | 數字顯示 / 2 x 100                                   |
| 測量方法：       | 示波法                                              |
| 電源供應：       | 4 x 1.5V = AAA "LR03" 鹼性電池 / USB Type-C DC 5V 1A |
| 血壓測量範圍：     | 40 – 180 mmHg (舒張壓)<br>60 – 260 mmHg (收縮壓)       |
| 脈搏測量範圍：     | 40 – 160 次每分鐘                                    |
| 靜態壓力最大誤差容限： | ± 3 mmHg                                         |
| 脈搏率最大誤差容限：  | ± 5 %                                            |
| 壓力生成 / 放氣：  | 自動幫浦 / 自動放氣                                      |
| 保存期（電池）：    | 3年（溫度 20 ± 2°C；相對濕度 65 ± 20 %）                   |
| 產品壽命：       | 每日使用4次，約5年                                       |
| 操作條件：       | +5°C至+40°C，相對濕度15%至90%，無凝結現象，大氣壓介於70kPa至106kPa。  |
| 存儲/運輸條件：    | –25°C 至 +70°C，相對濕度≤90%，大氣壓介於70kPa至106kPa         |
| 尺寸/脈脈帶：     | 約140 x 106 x 48 mm / 22 – 42 cm                  |
| 重量（主機）：     | 約240克 ± 5克（不含電池）                                 |
| 產品編號：       | 50013                                            |
| EAN 編號：     | 4 897138 50013 9                                 |

根據我們持續改善產品的政策，本公司保留不事先通知即可進行技術與外觀修改的權利。

### 保修和維修條款

如需保修，請聯繫您的供應商或服務中心。如果需要退回設備，請附上購買收據的副本並說明缺陷。適用以下保修條款：

1. medisana 產品的保修期自購買日期起為5年。如需保修，必須通過銷售收據或發票證明購買日期。
2. 在保修期內，材料或工藝缺陷將免費修復。
3. 保修期內的維修不會延長設備或更換零件的保修期。
4. 保修不包括以下情況：
  - a. 因不當處理所造成的所有損害，例如未依使用說明書操作。
  - b. 由於客戶或未經授權的第三方進行的維修或擅自拆修而導致的所有損壞。
  - c. 於製造業者運送至消費者或服務中心途中所產生的損壞。
  - d. 正常磨損的配件。
5. 即使設備損壞被接受為保修索賠，對由設備引起的直接或間接後續損失的責任也不包括在內。

"馬德保康"手臂式電子血壓計  
產品貨號: 50013  
型號: LD–528  
目錄編號: BU 340  
中國製造  
製造業者名稱: HONSUN (NANTONG) Co., Ltd.  
製造業者地址: No.8 Tongxing Road, Economic & Technological Development Area,  
226009 Nantong City, CHINA  
醫療器材商名稱: 恆隆行貿易股份有限公司  
醫療器材商地址: 114679臺北市內湖區洲子街88號7樓之1  
客服專線: 0800–251209