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# ELECTRONIC BLOOD PRESSURE MONITOR

## pango

### Instruction Manual

MODEL: PG-800A36-1

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**INTRODUCTION**

The Monitor uses the oscillometric method of blood pressure measurement. Intended for use by medical professionals or at home to monitor and display diastolic, systolic blood pressure and pulse rate on adult.

With an air wrist cuff buckled around one's wrist according to the instructions in the "ATTACHING THE WRIST CUFF".

The expected life of the product is 5 years.

The product complies with the electromagnetic compatibility requirement of IEC 60601-1-2 and safety standards of IEC 60601-1 and performance of IEC 80601-2-30 as specified in Regulation (EU)2017/745.

**NOTES ON SAFETY**

- The warning signs and sample icons shown here are listed for your safe and correct use of the unit, so as to prevent injuries or damages to the device.
- The icons and meanings are as follow.

**Examples of signs**

The icon indicates prohibitions (what you should not do). Matters involving actual prohibitions are indicated by text or pictures in or near the icon. The left icon refers to "general prohibition".

**Requests from Manufacturer**

Make sure there is no connection tubing kinking before start measuring to avoid any injury to patient.

For any patient, do not measure more than 3 times continuously, it should be at least above 5 minutes of interval rest between any two measurements, otherwise will cause exhausted blood pressure.

Do not measure your blood pressure over 6 times each day.

Do not apply the cuff over a wound as this can cause further injury.

Do not measure on the wrist which is on the side of a mastectomy, otherwise it could cause injury.

Observe the air pressure value from the LCD display.

When measuring, it could not exceed 280 mmHg, otherwise Please press "on/off" button to stop.

Do not use force to bend the wrist cuff or the air tube.

Do not knock or drop the main unit.

Always use the specified accessories in the manual, the use of other parts not approved by the manufacturer may cause faults or injuries.

For service information, parts list etc., please contact the dealer.

**ABOUT BLOOD PRESSURE**

**1. What is blood pressure?**

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands.

Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

**2. What is hypertension and how is it controlled?**

Hypertension, an abnormally high arterial blood pressure, if left unattended, can cause many health problems including stroke and heart attack. Hypertension can be controlled by altering lifestyle, avoiding stress and with medication under a doctor's supervision.

To prevent hypertension or keep it under control:

- The PATIENT is an intended OPERATOR.
- Not servicing and maintenance while the ME EQUIPMENT is in use.
- The user can maintain the product, the maintenance method is described in the maintenance instructions of manual.
- Stop using the equipment immediately, if it is in contact with water.

**3. Why measure blood pressure at home?**

Blood pressure measured at a clinic or doctor's office may cause apprehension and produce an elevated reading, 25 to 30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

**4. WHO blood pressure classification**

Standards for assessment of high blood pressures, without regard to age, have been established by the World Health Organization (WHO), and shown in chart below.

**5. Blood pressure variations**

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In hypertensive individuals, variations are even

more pronounced.

Normally, blood pressure rises while at work or play and falls to its lowest levels during sleep. So, do not be overly concerned by the results of one measurement.

Take measurements at the same time every day using the procedure described in this manual, and know your normal blood pressure.

Many readings give a more comprehensive blood pressure history

Be sure to note date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.

**FEATURES OF THE PRODUCT**

- Memory can store 90 measurements.
- Large and clear LCD display.
- WHO blood pressure classification display.
- Easy to use. Press a button to automatically measure, record the measurement values and measurement time.
- Automatically turns off (within 1 minute) to save power.

**PRECAUTIONS BEFORE USE**

- If you are taking medication, consult with your doctor to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your doctor.
- For people with irregular or unstable peripheral circulation problems due to diabetes, liver disease, hardening of the arteries, etc., there may be fluctuation in blood pressure values measured at the upper arm versus at the wrist.

**6. WHO blood pressure classification display.**

AVG: Average value in the morning, average value at night (see User Manual for details).

Average measurement.

**PARTS IDENTIFICATION**

**SYMBOLS ON DISPLAY**

Value of Systolic, Value of Diastolic, Value of pulse per minute, Cuff self check, Regular Heartbeat Detection.

**BATTERY LIFE AND CHARGING PRECAUTIONS**

The full-charged battery can be used about 120 times under temperature of 23°C inside room, inflating to 180 mmHg (22.6 kPa) every time and twice a day.

The built-in lithium battery can be charged and discharged 300 times.

**TIME AND VOICE ON/OFF OF SYSTEM SETUP**

- Press "SET" key to Time display.
- In the off state, Press and hold "SET" key until the year number displays and flashes on LCD to enter setting mode.
- Press "MEM" key to adjust the year, then press "SET" key again to save your setting and enter the month setting mode.

**4. Press "MEM" key to adjust the month.** Following the same steps to adjust date/hour/minute/Voice (on/off) until setting completed ("DT" is the On, "DP" is the Off) Non-talking mode does not have this function.

**UNIT CONVERSION mmHg/kPa DISPLAY**

The goods have mm (mmHg), kPa (kPa) two kinds of blood pressure display units (mmHg factory to express).

Boots continued to press the ON/OFF button exceeding five seconds.

**WHO BLOOD PRESSURE CLASSIFICATION DISPLAY**

Diastolic blood pressure

Reference material: journal of hypertension 1999, vol 17 No.2

Grade 3 hypertension (severe)  
Grade 2 hypertension (moderate)  
Grade 1 hypertension (mild)  
High-normal  
Normal  
Optimal

**ATTACHING THE WRIST CUFF**

- Fastening the wrist cuff**
- Wrap the wrist cuff around your wrist about (1-2)cm above your hand as shown in the figure at the right.

**2. Press ON/OFF to Power on, display show all then reset to "0", then start measurement, will have voice indication (If have voice feature) Start to Inflate, display have inflation icon blink.**

Device already start to measure your pressure when do inflation, please don't move you hand, wrist or arm.

**Now the user can press button CAM/SET to begin Average measurement.**

**HOW TO MEASURE BLOOD PRESSURE**

- Fasten the wrist cuff according to the instructions in "ATTACHING THE WRIST CUFF".

**3. After the second measurement, the blood pressure monitor analytize values measured during the first measurement and the second measurement, if these values are within standard scope, the average blood pressure value will be calculated out and displayed on LCD screen.**

\* If SYS BP1-SYS BP2 ≥ 12mmHg, DIA BP1-DIA BP2 ≥ 6mmHg, it will enter into "20" seconds countdown, and automatically re-start to the third measurement. After finishing measurement the device will calculate the blood pressure average value, and show it on the LCD screen.

\* If pulse rare ≤ 60 or ≥ 110 or irregular heartbeat, blood pressure monitor will automatically take measurements for 30 times continuously. After finishing measurements, the device will calculate the blood pressure average value and show it on the LCD screen.

**READ MEMORY**

Press "MEM" button to inquire memory average values "AVG" Average Value Display: the latest 3 groups of memory average values (Memory values are displayed regardless of period).

\* "Display of average value in the morning: the latest 3 groups of memory average values measured during 4:00-9:59 every day.

\* "Display of average value at night: the latest 3 groups of memory average values measured during 17:00-2:00 (the next day morning) every day.

**5. Store the device and the components in a clean and safe location.**

The clean steps for the cuff is provided as following.

- \* Completely wipe the inner side (the side that contacts skin) of the cuff with a soft cloth lightly moistened with 75% Ethyl alcohol 3 times. Replace the soft cloth after each wipe.
- \* Then air dry the cuff.

**CAUTION**

- \* Do not submerge the device or any of the components in water.
- \* Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.
- \* Store the device and the components in a clean, safe location.
- \* Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- \* Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.
- \* This product is designed for use over an extended period of time; however, it is generally recommended that it be inspected and calibrated every two years to ensure proper function and performance.
- \* See the Calibration Method for more details.

**TROUBLE SHOOTING**

If you have trouble in using the unit please check the following points first.

ERROR DISPLAY	POSSIBLE CAUSE	HOW TO CORRECT
Nothing is displayed When you push the POWER button or Battery icon flash	No battery installation Battery worn out The polarities of batteries placed wrongly	Insert batteries please charge in time Insert battery in the correct polarities

**6. The clean steps for the cuff is provided as following.**

\* Completely wipe the inner side (the side that contacts skin) of the cuff with a soft cloth lightly moistened with 75% Ethyl alcohol 3 times. Replace the soft cloth after each wipe.

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**Appendix 1 Guidance and Manufacturer Declaration Tables**

**Guidance and manufacturer's declaration - electromagnetic emissions**

The Model PG-800A36-1 Series Electronic Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Model PG-800A36-1 Series Electronic Blood Pressure Monitor should assure that it is used in such an environment.

Emissions	Compliance	Electromagnetic environment-guidance
RF emissions CISPR 11	Group 1	The Model PG-800A36-1 Series Electronic Blood Pressure Monitor uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11 Harmonic emissions IEC 61000-3-2 Voltage fluctuations/flicker emissions IEC 61000-3-3	Class B N. A.	The Model PG-800A36-1 Series Electronic Blood Pressure Monitor is used in home and it's powered by DC 3V

**7. Press "MEM" button, a memory reading out the latest measurements, "MEM" for the buttons (UP) "SET" button for the DOWN)**

Power Measurement closure or after the end of the state, can press the "MEM" button read out the latest measurement of memory.

**DELETE MEMORY**

The state read out the memory press (the memory) button five seconds, the LCD display "00" has been to delete all memory.

**5. External input 50mmHg and 200mmHg standard static air pressure, and observe the air pressure value displayed at the position of the LCD systolic pressure (SYS) and the value of the diastolic pressure gauge should be in the range of +3mmHg.**

**CAUTION**

1. ME devices can be used in exposed environments, including electromagnetic interference environment to ensure basic safety and performance unchanged.

2. In the event of any serious event related to this product, such as serious adverse event, significant alteration of the product resulting in change of intended use, etc., it will be reported to the manufacturer and the competent authorities of the user and/or the member states where the patient is located.

**Notes:**

Essential performance: Limits of the error of the manometer, ±3mmHg. Reproducibility of the blood pressure determination, ±3mmHg.

Clinical benefits: Accurate measurement of SBP and DBP; clinical performance meets the requirements of ISO 81060-2:2016.

**8. After the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.**

**Recommended separation distances between portable and mobile RF communications equipment and the Model PG-800A36-1 Series Electronic Blood Pressure Monitor**

**2. Type of protection against electric shock: INTERNALLY POWERED EQUIPMENT.**

2 degree or protection against electric shock: TYPE BF APPLIED PART.

3 Mode of operation: CONTINUOUS OPERATION.

4 Equipment not suitable for category AP/AG/PG equipment use in patient.

**STATEMENT**

the system might not meet its performance specifications if stored or used outside the temperature and humidity as mentioned below:

Operating conditions: +5°C~+40°C, 15%RH~93%RH 70kPa~106kPa

Storage conditions: -20°C~+55°C, 0%RH~93%RH

**TROUBLE SHOOTING**

If you have trouble in using the unit please check the following points first.

ERROR DISPLAY	POSSIBLE CAUSE	HOW TO CORRECT
Nothing is displayed When you push the POWER button or Battery icon flash	No battery installation Battery worn out The polarities of batteries placed wrongly	Insert batteries please charge in time Insert battery in the correct polarities

**9. The units will be chosen by the above shows mmHg/kPa after decontrol. After the normal boot unit values are shown as blood pressure.**

Also select memory unit value changes.

**WHO BLOOD PRESSURE CLASSIFICATION DISPLAY**

Diastolic blood pressure

Reference material: journal of hypertension 1999, vol 17 No.2

Grade 3 hypertension (severe)  
Grade 2 hypertension (moderate)  
Grade 1 hypertension (mild)  
High-normal  
Normal  
Optimal

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\* Then air dry the cuff.

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- \* Do not submerge the device or any of the components in water.
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- \* Store the device and the components in a clean, safe location.
- \* Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- \* Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.
- \* This product is designed for use over an extended period of time; however, it is generally recommended that it be inspected and calibrated every two years to ensure proper function and performance.
- \* See the Calibration Method for more details.

**10. The goods have mm (mmHg), kPa (kPa) two kinds of blood pressure display units (mmHg factory to express).**

Boots continued to press the ON/OFF button exceeding five seconds.

**7. Press "MEM" button, a memory reading out the latest measurements, "MEM" for the buttons (UP) "SET" button for the DOWN)**

Power Measurement closure or after the end of the state, can press the "MEM" button read out the latest measurement of memory.

**DELETE MEMORY**

The state read out the memory press (the memory) button five seconds, the LCD display "00" has been to delete all memory.

**11. The built-in lithium battery can be charged and discharged 300 times.**

**8. After the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.**

**Recommended separation distances between portable and mobile RF communications equipment and the Model PG-800A36-1 Series Electronic Blood Pressure Monitor**

**12. The goods have mm (mmHg), kPa (kPa) two kinds of blood pressure display units (mmHg factory to express).**

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Boots continued to press the ON/OFF button exceeding five seconds.

**14. The goods have mm (mmHg), kPa (kPa) two kinds of blood pressure display units (mmHg factory to express).**

Boots continued to press the ON/OFF button exceeding five seconds.

**11. The built-in lithium battery can be charged and discharged 300 times.**

**15. The units will be chosen by the above shows mmHg/kPa after decontrol. After the normal boot unit values are shown as blood pressure.**

Also select memory unit value changes.

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**12. The goods have mm (mmHg), kPa (kPa) two kinds of blood pressure display units (mmHg factory to express).**

Boots continued to press the ON/OFF button exceeding five seconds.

**16. The units will be chosen by the above shows mmHg/kPa after decontrol. After the normal boot unit values are shown as blood pressure.**

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**14. The goods have mm (mmHg), kPa (kPa) two kinds of blood pressure display units (mmHg factory to express).**

Boots continued to press the ON/OFF button exceeding five seconds.

**18. The units will be chosen by the above shows mmHg/kPa after decontrol. After the normal boot unit values are shown as blood pressure.**

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Reference material