

Prisma

Blood Pressure Monitor



IMPORTANT INFORMATION	2
• White Coat Syndrome	
• Blood Pressure Standards	
ABOUT BLOOD PRESSURE	3
• Blood Pressure Standard	
• What are systolic and diastolic pressure	
• Blood Pressure Fluctuation	
YOUR BP MONITOR	5
• LCD Display Layout	
• Unit Layout	
BEFORE YOU START	7
• Power Options	
• Setting Time, Date & Units of Measurement	
MEASUREMENT	9
• Using the Monitor	
USING THE MEMORY	11
• Recalling the Records	
• Deleting All Records	
USER INFORMATION	13
• Tips for Taking Accurate Readings	
MAINTENANCE	14
TROUBLESHOOTING	15
SPECIFICATIONS	17
WARRANTY	18
CONTACT INFORMATION	18

Readings taken by the PhysioLogic Prisma are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method. This manual contains important safety and care information, and provides step by step instruction for using the product. Read this manual thoroughly before using the product.

Your physician's reading may sometimes differ from your home readings. This could be related to a phenomenon known as "white coat syndrome". You should not assume that any single reading taken is your usual blood pressure.

In fact, blood pressure varies constantly throughout the day. Common activities affect your level of heart activity and stress, thereby influencing your blood pressure.

Note: It is important that you take home readings regularly, and that you follow the procedures and precautions mentioned in the instruction manual. Consistently recording/charting your readings, along with regularly consulting a health professional, is an important aspect of your overall blood pressure management program.

ATTENTION

- This Blood Pressure Monitor does not replace examination by a physician. As your doctor is the one person best qualified to interpret your results, we recommend that you keep a blood pressure journal to bring to your visits to your healthcare professional.
- This device is intended for adult use only.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the arm or for functions other than obtaining a blood pressure measurement.
- Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Do not begin or end medical treatment based solely on readings obtained from this device. Always consult a physician before starting any treatment.
- If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.
- This unit is not suitable for continuous monitoring during medical emergencies or operations.
- If the cuff pressure exceeds 40 kPa (300 mmHg), the unit will automatically deflate. Should the cuff not deflate when pressure exceeds 40 kPa (300 mmHg), detach the cuff from the arm and press the (START / STOP) button to stop inflation.
- To avoid measurement errors, carefully read this manual before using the product.

ABOUT BLOOD PRESSURE

Blood Pressure Standard

The Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure has developed a blood pressure standard, according to which areas of low and high risk blood pressure are identified. This standard is a guideline as blood pressure varies among different people and different age groups.

It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.

Blood Pressure for Adults Age 18 and Older

Category	Systolic (mmHg)	or	Diastolic (mmHg)
Stage 2 Hypertension	≥ 160	or	≥ 100
Stage 1 Hypertension	140-159	or	90-99
Prehypertension	120-139	or	80-89
Normal	< 120	and	< 80

Prisma hypertension indicator

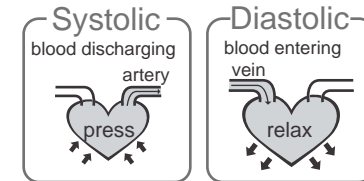
The Prisma Blood Pressure monitor has a built in hypertension indicator that will rate your blood pressure according to the specifications listed below. The Prisma hypertension indicator should only be used as a guideline.

Level Blood Pressure (mmHg)	Normal (Normal to prehypertension)	Mild (Stage 1)	Moderate (Stage 2)	Severe
SYS	<140	140~159	160~179	>180
DIA	<90	90~99	100~109	>110

ABOUT BLOOD PRESSURE

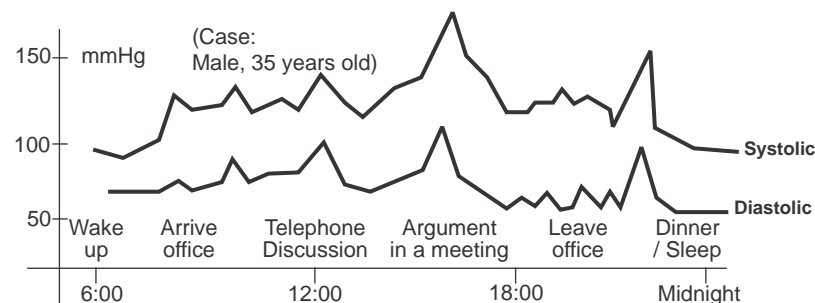
What are systolic and diastolic pressure?

When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value. The highest pressure in the cycle is known as systolic pressure. When the heart relaxes between heartbeats, the lowest blood pressure is diastolic pressure.

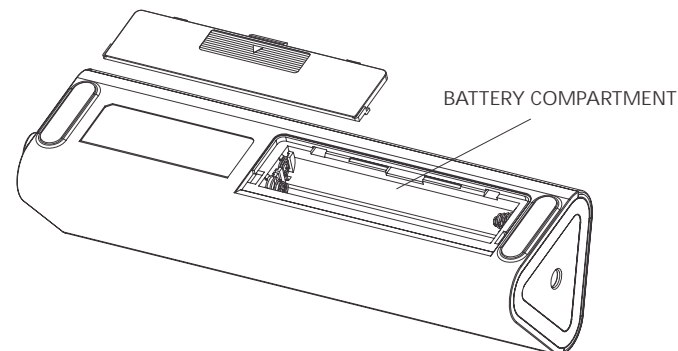
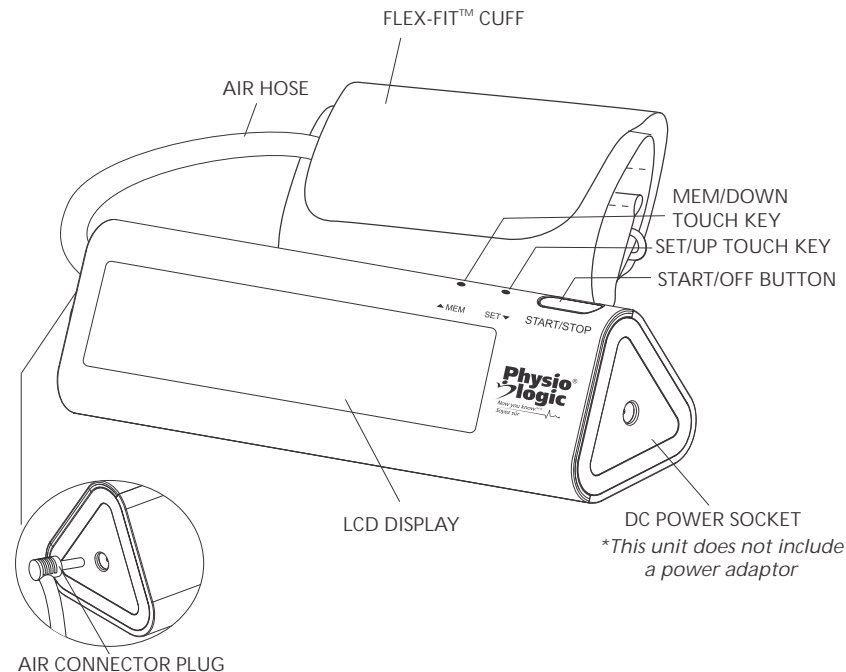
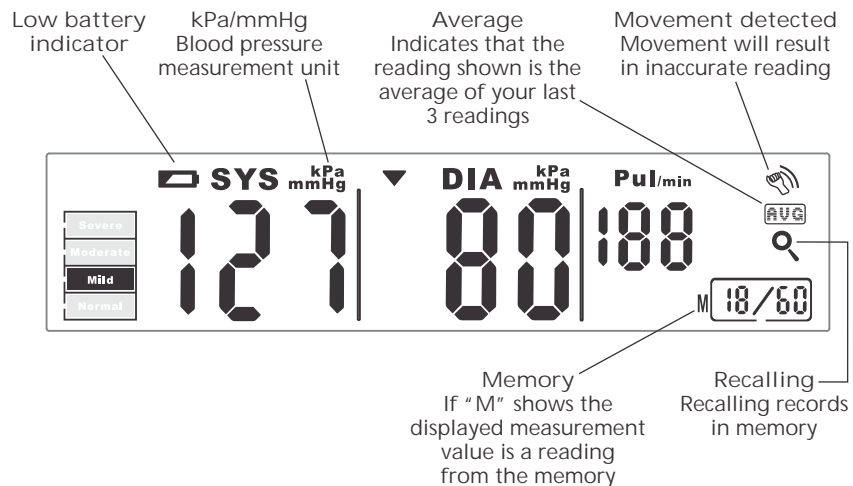
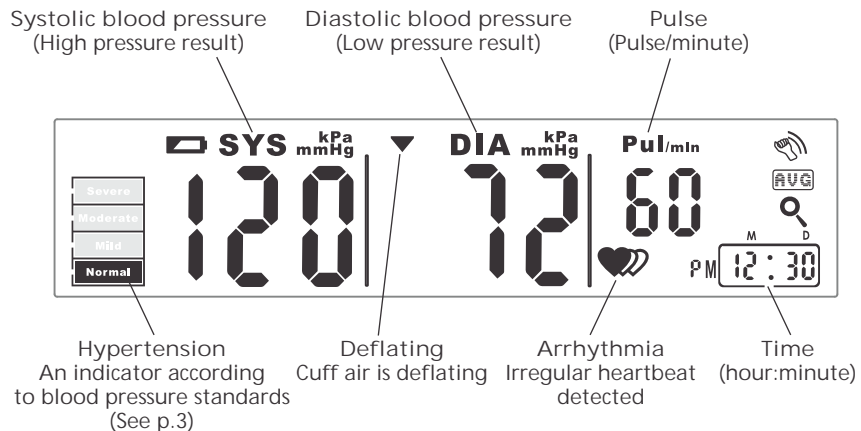


Blood Pressure Fluctuation

Blood pressure fluctuates all the time! You should not be overly worried if you encounter two or three measurements at high levels. Blood pressure changes over the month and throughout the day.



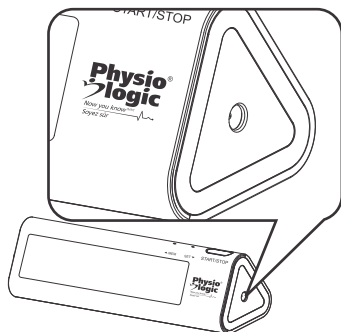
LCD display layout



BEFORE YOU START

Power options

1. Battery: 4 x AAA alkaline (not included)
or
2. Power Adapter: DC 6V Adapter only.
(Adapter not included with this product)
Adapter socket pictured at right

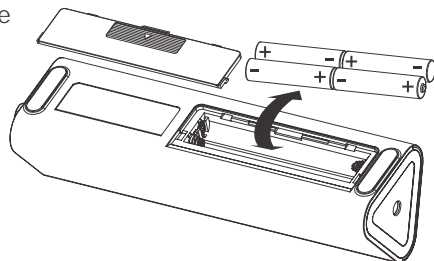


CAUTION

For best results and to protect your monitor, make sure to use the proper batteries or power adapter.

Installing and replacing batteries

1. Slide off the battery cover.
2. Install the batteries by matching the correct polarity, as shown.
3. Replace the cover.



CAUTION

Replace the batteries if any of the following should occur:

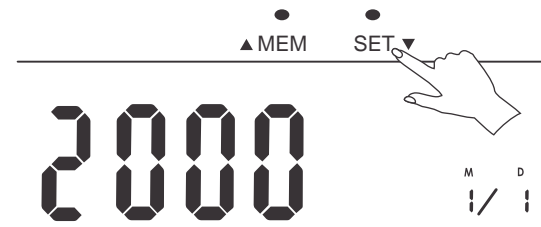
- The **Lo** indicator appears
- The display appears dim
- The display does not light up

BEFORE YOU START

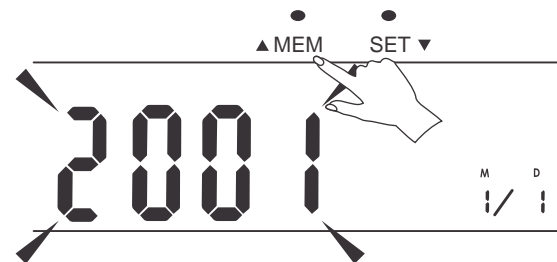
Setting date, time and unit of measurement

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory. (year :2000-2050, time: 24 H)

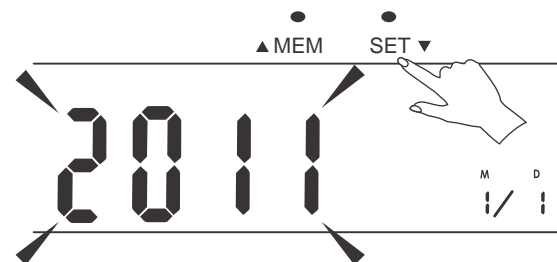
1. When the unit is off, press and hold "SET" for 3 seconds to access the year setting mode.



2. Press the MEM button to change the year.



3. When you get to the right year press SET to move on to the next step automatically.



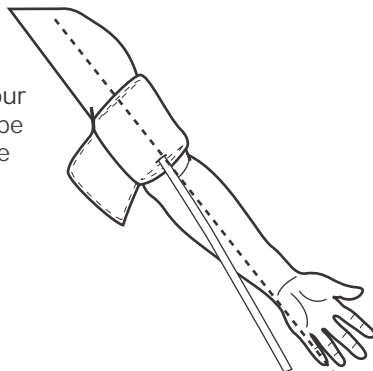
4. Repeat steps 2 and 3 to set the MONTH, DAY, HOUR, MINUTE and UNIT OF MEASUREMENT.

5. After the unit is set, it will flash [done] then shut off automatically.

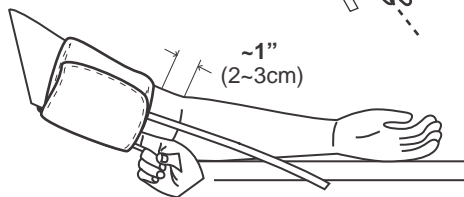


MEASUREMENT

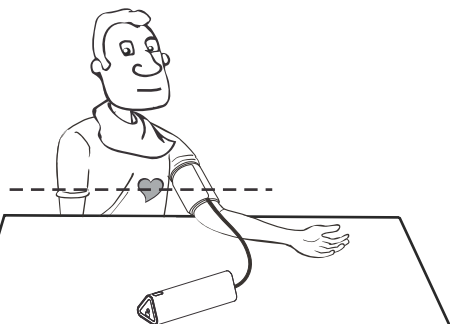
1. Wrap the Flex-Fit™ cuff around your left upper arm. The tube should be aligned to point toward your little finger, as illustrated.



2. The Flex-Fit™ cuff should be snug but not too tight. (You should be able to insert one finger between the cuff and your arm). Keep a space of about 1" between the cuff edge and the bend of your elbow.



3. Sit comfortably with your left arm resting on a flat surface and the cuff at heart level.



Tips for more accurate readings:

- Rest for 5 mins before measuring.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- For a more useful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same arm, or as directed by a physician.

MEASUREMENT

Start the measurement

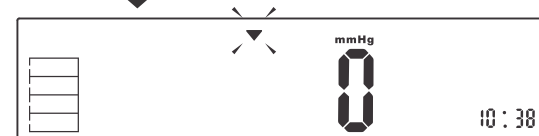
1. Press the START/STOP button to turn on the monitor, it will then complete the operation automatically in the following steps:



- LCD Display will flash.



- The monitor will set itself to "0" then start inflating.



- The monitor will automatically inflate and measure blood pressure.



- The monitor will display the reading and save it automatically.



1. Press the START/STOP button to turn the monitor off, otherwise it will turn off automatically within 1 minute.

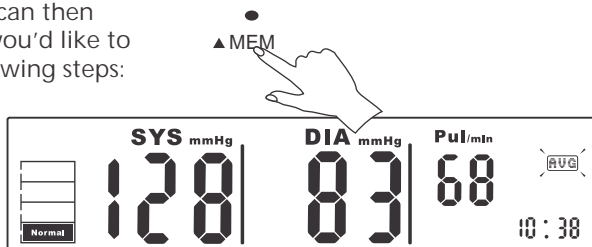


USING THE MEMORY

Recalling the records

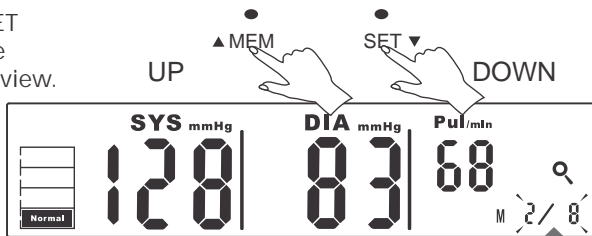
1. Press the MEM button to turn on the monitor and access the memory bank. You can then select the memory you'd like to view using the following steps:

The **AVG** sign will appear in the top right corner.

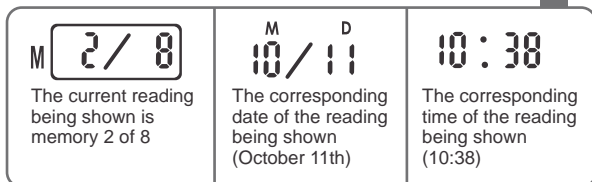


2. Press the MEM or SET button to get to the record you want to view.

MEM makes the selection go up, SET makes the selection go down.



The memory number, and its corresponding date & time will display alternately



ATTENTION

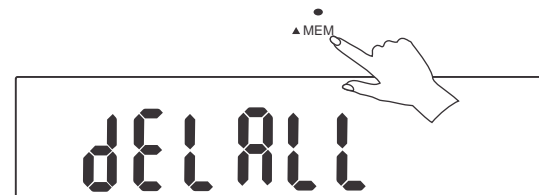
The most recent record (1) is shown first. Each new measurement is assigned to the first (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the last record (60) is dropped from the list.

USING THE MEMORY

Deleting all records from memory

If you would like to clear the unit's memory, you can delete all results by following the steps listed below.

1. Press and hold MEM for 3 seconds. The display will flash "DEL ALL".



2. Press SET to confirm deleting, then the monitor will turn off automatically.



- * If you don't want to delete the records, press "START/STOP" to escape.

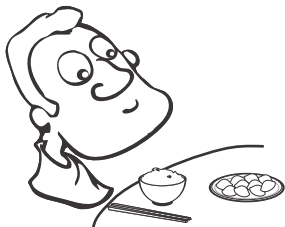


3. If there are no memories in the bank, the screen pictured at right will appear when you press the MEM button.



Tips for taking accurate readings

Adhere to the following tips for more accurate results.



Wait at least 1 hour after eating or drinking before taking a measurement.



Avoid taking readings immediately after having tea, coffee or smoking.



Wait at least 20 minutes after taking a bath before taking a measurement.



Avoid talking or moving your fingers when taking a measurement.



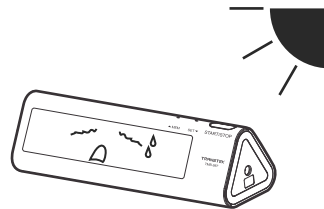
Avoid taking a measurement in a very cold environment.



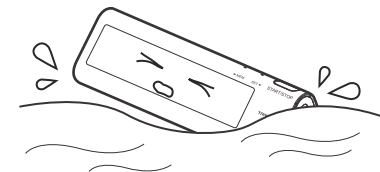
Avoid taking a measurement when you need to use the bathroom.

Maintenance

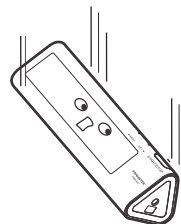
How to clean and care for your Physiologic Blood Pressure monitor.



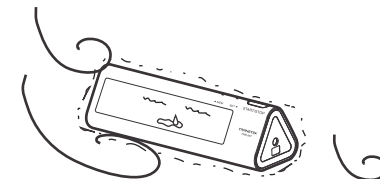
Store in a dry place and avoid exposing to direct sunshine.



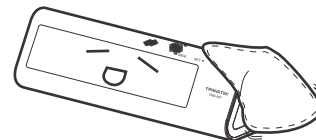
Avoid contact with water, wipe away any moisture with a dry cloth.



Avoid intense shaking or collisions.



Avoid storing the unit in dusty or unstable temperature environments.



Use a damp cloth to clean your blood pressure unit.



Do not submerge the Flex-Fit™ cuff in water. To clean it, wipe it with a damp cloth.

This section includes a list of error messages and frequently asked questions for problems you may encounter with your blood pressure monitor. If the product is not operating as you think it should, check here before calling customer service.

PROBLEM	DISPLAY	CAUSE	SOLUTION
No power	Display is dim or will not light up	Batteries are exhausted.	Replace with new batteries
		Batteries are inserted incorrectly.	Insert the batteries correctly.
Low Batteries	0+Lo	Batteries are low.	Replace with new batteries.
Error Message	E1	The cuff is not secure.	Refasten the cuff and then measure again
	E2	The cuff is too tight	Refasten the cuff and then measure again
	E3	The pressure of the cuff is too high.	Relax for a moment and then measure again.
	E4	The monitor detected motion while measuring.	Movement can affect the measurement. Relax for a moment and then measure again.
	ErXX	Incorrect measurement.	Relax for a moment and then measure again.
	ErXX	A calibration error occurred.	Retake the measurement. If the problem persists, contact Physio logic® at: 1-800-363-2381.

Power	4 AAA batteries / DC 6V 1A
Display	Digital LCD V.A. 150mm x 34mm
Measurement mode	Oscillographic testing mode
Measurement range	Pressure: 0~40kpa (0~300mmHg) Pulse value: (40~199) times/minute
Accuracy	Pressure: 15°C~25°C within ±0.4kpa (3mmHg) 5°C~40°C (out of 15°C~25°C) within ±0.8kpa (6mmHg) pulse value: ±5%
Normal working condition	Temperature: 5°C~40°C Relative humidity ≤80%
Storage & transportation condition	Temperature: -20°C~60°C Relative humidity: 10%~93%
Measurement perimeter of the upper arm	About 22cm~32cm
Weight	Approx. 300g (Excluding the batteries)
External dimensions	Approx. 200mm x 60mm x 56mm
Also included	Flex-Fit™ arm cuff, user manual

- These specifications are subject to change without notice.

2 year limited warranty

AMG Medical Inc. warrants this product to be free from defects in material and workmanship for a period of two (2) years. This warranty is valid for the original purchaser only. Any alterations, abuse, misuse or accidental damage voids this warranty.

For replacement or repair under warranty, please call:
1-800-363-2381 (Monday to Friday, 8 am to 5 pm EST)

For more information on this, or any other Physio logic® product, visit:
www.amgphysiologic.com

CONTACT INFORMATION

Contact Information

For any question concerning this product, please call:

1-800-363-2381

www.amgphysiologic.com