

scala®

Blood Pressure Monitor  
Automatic Arm Type  
**SC 7620**

CE 0197



**GB** Instructions for use

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## **Precautions of use**

### **WARNINGS:**

1. Avoid prolonged over-inflation of the bladder to prevent harmful physical injury.
2. If the cuff causes any discomfort during measurement, press the POWER button to turn off the device immediately.
3. Pull off the Velcro strap to detach the cuff if the cuff pressure exceeds 300mmHg without an automatic rapid exhaust.
4. Keep blood pressure monitor (including cuff and batteries) away from children to avoid misusing. Children should not use the device without the supervision of an adult.
5. This manual and the product are not substitutes for visiting the doctor. Neither the information contained herein nor this product may be used to diagnose or treat health problems, or to prescribe drugs. If you have or suspect that you have a medical

problem, please seek immediate advice from your doctor.

**6.** Do not conduct any measurements if the temperature is low (below +5°C) or high (over 40°C), or if the relative humidity is beyond the range of 15% to 90%, as this can lead to inaccurate readings.

**7.** Wait 30 to 45 minutes, before taking a measurement if you have just had a caffeinated drink or a cigarette.

**8.** Relax for at least 5 to 10 minutes before taking a measurement.

**9.** Please wait 3 to 5 minutes between measurements, so that your blood vessels can return to the state they were in prior to measurement. You may have to adapt the waiting time to your personal physiology.

**10.** It is recommended that you use the same arm for each measurement (preferably the left) and take the measurement at the same time every day.

**11.** Sit down comfortably with your elbows placed on the table and both feet on the ground. Please do not interlock your legs during the measurement.

**12.** Take the measurement at room temperature in a quiet and stressfree environment.

**13.** Blood pressure measurements should be assessed by a doctor or trained healthcare professional who is familiar with your medical history. If you use the unit and regularly record the results, please keep your doctor informed with regard to the ongoing changes in your blood pressure.

**14.** If you suffer from a cardiovascular disease (such as atherosclerosis), diabetes, a liver or kidney disease, severe hypertension or peripheral circulatory disorders, etc., please consult your doctor before using this unit.

**15.** The performance of this device can be influenced as severe arrhythmias such as atrial or ventricular premature beats or atrialfibrillation are presented during measurement.

**16.** The blood pressure measurements conducted with this unit are equivalent to measurements obtained

by a trained observer in accordance with the values achieved using the cuff/stethoscope auscultation method and are within the specified EN 1060-4 standard limits.

**17.** Do not use this appliance on infants, children or persons who cannot express their own intentions.

**18.** Measuring too frequently may result in circulatory disorders, which can cause unpleasant sensations such as localized bleeding under the skin or temporary numbness in your arm. These symptoms do not usually last long. However, if you have not recovered after some time, please consult your doctor.

**19.** To avoid accidental strangulation, keep the product away from children and do not place the hose around the neck.

**20.** Please take into consideration the electromagnetic compatibility of the unit (e.g. disruptions to the power supply, radio frequency interference, etc.). Please only use the unit indoors. To avoid inaccurate results due to electromagnetic interference between electrical and electronic equipment, please do not use the unit near mobile phones or microwave ovens. In case of devices whose maximum power exceeds 2 W, the minimum distance from your blood pressure monitor should be 3,3 meters.

**21.** The unit is not waterproof. Never immerse this instrument in any liquids.

**22.** Do not use the instrument if you think it is damaged or if you notice anything unusual.

**23.** Any known restrictions on use or contra-indication(s): Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or arteriosclerosis.

**24.** Discard old batteries carefully, out of reach of young children. Swallowing the battery may be fatal. If a battery or other small parts are swallowed, contact a hospital immediately to have it removed.

**25.** Do not modify this device or cuff without authorization of the manufacturer.

Indicates a potentially hazardous situation, if not avoided, could result in death or serious injury.

**CAUTIONS:**

1. Read and follow the entire instruction manual before operating blood pressure monitor.
2. Do not press the POWER button if the cuff has not been properly wrapped.
3. The malfunctions of display can be determined by pressing and holding the POWER button under power-off mode.
4. Dispose of the device and batteries according applicable local regulations for environmental protection.
5. The accuracy of the blood pressure monitor is recommended to be verified every two years. Contact authorized agent or laboratory for inspection/calibration service.

**Product description and intended use**

The blood pressure monitor is an electronic device intended to make human blood pressure and puls rate upperarm of adult population utilizing non-invasive oscillometric method in household environment. The BPM for measuring human blood pressure and pulse rate with the following characteristics:

- ✓ The users: The device can be used by adults.
- ✓ To be used in room temperature.
- ✓ To be used (installed) by the user, with the exception of handicapped persons.
- ✓ Handicapped persons need assistance by another person to use the device.
- ✓ Contact type: skin contact.

**About blood pressure**

• **What is blood pressure?**

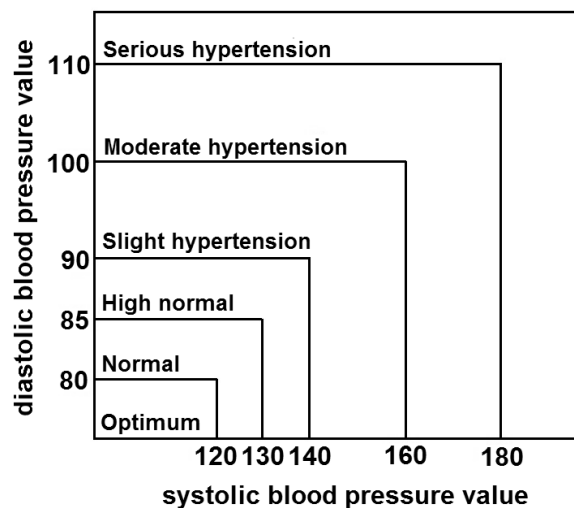
The blood pressure is generated by the force of the blood flow against the arterial walls after the heart has pumped the blood in the circulatory system.

- **What are the systolic and the diastolic pressure?**

Systolic pressure represents the highest pressure during heart contraction and diastolic pressure is the lowest pressure while heart is resting.

**WHO-ISH classification**

Your blood pressure measurement can be compared with classification categories defined by 1999 World Health Organization - International Society of Hypertension Guidelines for Management of Hypertension for preliminary evaluation. Please consult your physician for interpretation of blood pressure measurement and follow their directions.

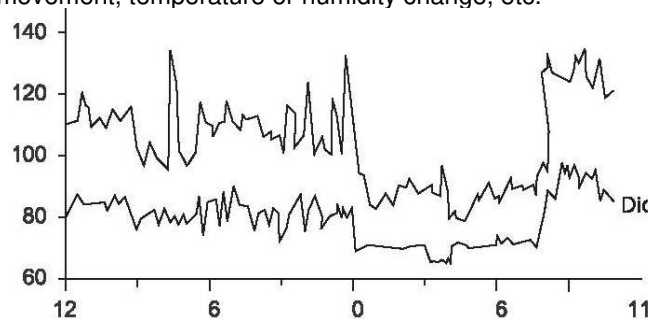


**What about low blood pressure?**

In general, lower blood pressure reading is better unless it causes some uncomfortable symptoms such as fainting and/or light headedness.

### **Fluctuation and variation of blood pressure**

Human blood pressure has a fluctuated characteristic and will vary 24 hours a day. Blood pressure measurement can be affected by the measurement position, posture, physiologic conditions as well as factors such as eating, bathing, exercising, smoking, drinking alcohol, stress mental tension, breathing, movement, temperature or humidity change, etc.

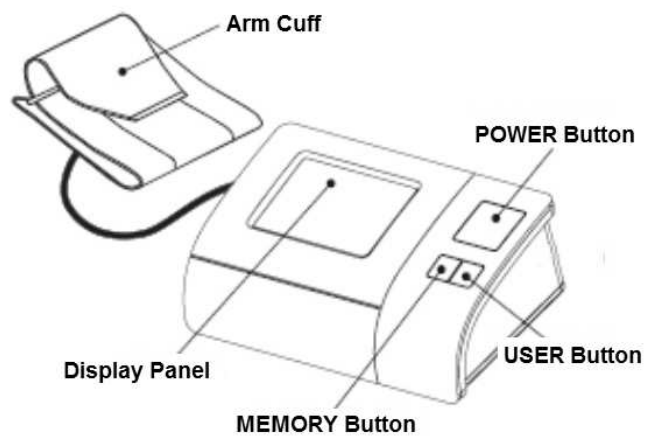


### **How to obtain reliable measurements?**

In order to obtain reliable measurements, please follow recommendations below:

1. Keep taking and recording blood pressure measurement at the same time every day for consistency to establish your blood pressure pattern.
2. Avoid eating, bathing, smoking, exercising, or ingest caffeine and alcohol at least 30 minutes prior to take measurement.
3. Remove constricting clothing or ornaments from your arm and make sure that the range of cuff circumference is applicable to you.
4. Be seated and relax for at least 5 minutes in a quiet and comfortable place prior to take measurement.
5. To make repeated measurements, the rest interval between measurements shall be not less than 3 minutes and the rest interval may need to be extended according to individual physiological conditions.

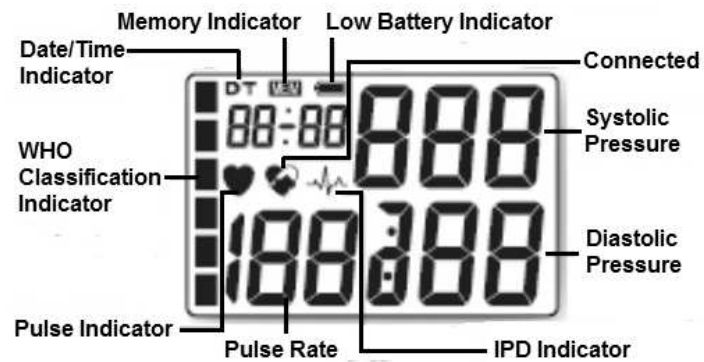
### **Device Overview**



### **The delivery includes:**











The blood pressure monitor, the cuff, 4 alkali batteries (LR03), a storage bag or box and the instruction manual.



### **Display Overview**






### Explanation of Symbols

<b>SYS</b>	Systolic Pressure
<b>DIA</b>	Diastolic Pressure
	Irregular Pulse Detection
 Blue Symbol	Follow operation instructions
	Manufacturer
	Authorized Representative in the EU
	Production period (month / year)
	Serial Number
	Type BF Applied Part
	Keep dry
	CE marking with the Registration Number of the Notified Body.
	Disposal notes
<b>PP</b>	Pulse Pressure is equal to systolic minus diastolic
<b>P</b>	Pumping
<b>P Err</b>	Pumping failurekt
<b>UU Err</b>	Body movement during measurement
<b>LL Err</b>	No sufficient pulses are detected
<b>rrErr</b>	SYS and DIA readings are not reasonable
<b>HI</b>	Cuff pressure is over 300 mmHg

	Power button
<b>RoHS</b>	Restriction of Hazardous Substances
	REACH symbol-Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH) is an EU regulation.

### Preparation for Use

#### Insert the batteries

Before you use the BP monitor for the first time or when the symbol “” indicates that the batteries are depleted, proceed as follows:

1. Remove the battery compartment cover and insert 4 alkali batteries (LR03) in the battery compartment. Ensure correct polarity of the batteries. The polarity is marked "+" and "-" in the compartment. Install the battery compartment cover.
2. When you change the batteries, use only alkali batteries of the same type.
3. When the battery symbol is displayed, replace all batteries as a set.
4. The integrated timer and the memory data may be deleted when the batteries are changed. The timer must be set again.

#### Setting the clock

1. To have correct date and time for memory storage, the built-in clock needs to be set prior to start first measurement.
2. Under power-off mode, press and hold the MEMORY button until the display shows a blinking year and press the POWER button for adjustment. After current year is selected, set the year by pressing the MEMORY button and switch to next adjustment.
3. Repeat previous steps to adjust and set current month, day, hour and minute one by one while they are blinking.

4. Following the date and time setting, the clock display function can be set by pressing POWER button for adjustment ON/OFF in "CL" shows status and confirmed by MEMORY button.

Following clock function enable, the alarm function can be set by pressing POWER button for adjustment ON/OFF in "AL1" show status. Confirmed ON by MEMORY button and adjusted HOUR by POWER button and then same procedure set for minute.

A total of four groups can be set alarm time from AL1 - AL4. As any alarm is switched on, the pulse indicator will appear on display during power-off.

5. As last, press MEMORY button again to finish setting.

#### **Attaching the cuff and Measuring Posture**

1. Make sure the circumference of your upper arm is within applicable cuff range.

2. Plug the tube connector into the cuff socket securely.

3. Put bare-skinned left arm through the cuff with tube located at middle of your inner arm and aligned to your middle finger. Measuring with thin clothing is allowed.

4. Fastn the cuff with its bottom edge should be 2-3 cm above your elbow and make sure it is not wrapped too tight.

5. Sit upright in a chair with your feet flat on the floor and relax in a natural position.


6. Steadily rest your forearm on a table and make sure the cuff is at heart level.

7. Hold still and do not talk during measurement.

8. If it is not possible to take measurement with left arm, use right arm instead.

#### **Taking a Measurement**

1. Press the USER button to choose user number for memory storage. User selection can also be made by pressing the USER button while readings are displayed after measurement is completed.

2. Press the POWER button to start automatic measurement. The measurement can be interrupted anytime by pressing the POWER button again.
3. When the measurement is completed, the systolic pressure, diastolic pressure and pulse rate will be displayed.
4. The display will also indicate which category your blood pressure reading belongs to according to classification defined in 1999 WHO-ISH Guidelines for Management of Hypertension. Optimal and normal categories are indicated with green, high-normal category is indicated with yellow and grade 1 - 3 hypertension categories are indicated with red.
5. IPD (Irregular Pulse Detection): If irregular pulse is detected, the symbol  is displayed. Cardiac arrhythmia is indicated when the period between two heart beats is 5/3 the time of the average heart beat and this abnormality occurs three times during a measurement. Consult a doctor when cardiac arrhythmia occurs frequently.
6. The device also provides the PP (Pulse Pressure) function that is equal to systolic minus diastolic. If systolic is higher than diastolic 60 mmHg, LCD will be showed "PP" and differentiation value. If PP indicator is displayed with measurement readings frequently, please consult a qualified physician for further directions.
7. When the device is switched off, the measuring values are stored in the selected memory. The device is switched off automatically after 150 seconds.

#### **Memory Function**

1. With the USER button, select the memory whose values you want to view.
2. Display the measuring values in the memory with the MEMORY button.

- **Deleting a blood pressure value from the memory**

With the MEMORY button, go to the blood pressure value which you want to delete. Instantly press and hold (at least 4 seconds!!!) the POWER button and the display will show: dEL (delete) and the number of the memory location. To delete the value, press the POWER button instantly.

- **Deleting all blood pressure values in the memory**

With the MEMORY button, go to any blood pressure value. Instantly press and hold (at least 4 seconds!!!) the POWER button and the display will show: dEL (delete) and the number of the memory location. Instantly press the MEMORY button and dEL (delete) and ALL (for all memory locations) will be displayed. Instantly press the POWER button and all values are deleted. Time and date are not deleted.

As last, press POWER button to exit memory function.

#### **Care and Maintenance**

1. Do not drop the device. It is not shock proof.
2. Do not disassemble or modify the device and cuff.
3. Do not twist the cuff or fully bend the tube.
4. Do not store the device and cuff in environments with direct sunlight, high temperature or moisture and severe dust.
5. Do not use thinner, benzene and other harsh cleaners to clean the device (exclude alcohol).
6. Do not wash or immerse the cuff.
7. Remove all batteries if the device is not likely to be used for a long period of time.

#### **Clean and Disinfection**

##### **Cleaning process**

1. Use a cloth moistened with water or neutral detergent to clean the device with a solution of 5-10% mild detergent about 10-15 minutes.
2. The continuously cleaning operation with cold water to avoid

the chemical residues remaining on the device.

3. If necessary repeat step 1 to step 2 in order to make sure the device was clean.

4. A final wipe down by a clean wiper is necessary to avoid water stains.

**Disinfection process**

1. To disinfect the device when completed the cleaning process.

2. Use 70 to 75% alcohol; Put alcohol into a spray bottle and spray both sides of the cuff with it: contact time  $\geq$  10 min for disinfection.

3. The disinfectant free rinse without residues.


• **Drying process:**

1. After cleaning and disinfection process

2. Put the device and cuff to air-dry in the room temperature (20-30°C), exposure time around 3 - 4 hours.

3. And store the device in a dry, clean and dust-free environment at moderate temperatures of 5°C to 40°C.

**Trouble shooting:**

Message	Error description
<i>LL Err</i>	No sufficient pulses are detected for measurement. Refasten the cuff and measure again.
<i>UU Err</i>	Excessive body movement is detected during measurement. Refasten the cuff and measure again.
<i>P Err</i>	Pumping failure. Refasten the cuff. The cuff with its bottom edge should be approx. 2-3 cm above your elbow and make sure it is not wrapped too tight.
<i>rr Err</i>	Detected SYS and DIA readings are not reasonable may due to too much interference around. Do not keep the unit close to mobile phones or microwave ovens. Refasten the cuff and measure again..
<i>HI</i>	The pumping pressure is over 300 mmHg. The cuff might be blocked due to improper wrapping. Refasten the cuff and measure again.
 or no display	Replace all batteries.

**Technical specifications**

Measuring range:	Pressure:	20 ~ 300 mmHg
	Heart rate:	40 ~ 200 bpm
Accuracy:	Pressure:	3 mmHg
	Heart rate:	± 5% of the measuring value
Measuring method:	Oscillometric measurement	
Automatic off:	150 seconds after the last press of a button	
Memory:	2 x 50 sets	
Dimensions:	80 x 134 x 47 mm (without cuff)	
Weight:	approx. 328 g (including batteries)	
Cuff size:	20 - 35 cm	
Operating condition:	5 ~ 40°C, 15 ~ 90%RH	
Storage condition:	-20 ~ 55 C (-4 ~ 131F), <93% RH	
Voltage supply:	4 x LR03 (alkali batteries)	
Battery life:	approx. 250 measurements	
IP classification:	IP20 (protected against intruding bodies <12.5 mm; the product is not water-proof)	

Specifications may change as technical improvements take place

**Warranty**

We grant a warranty of two years for the blood pressure monitor. The cash voucher is your warranty certificate. The product will be repaired free during the warranty period. The warranty does not cover damage due to improper handling, accident, non-compliance with the instructions for use or unauthorized modifications of the product.

### **Disposal note**



Defective blood pressure monitors or monitors at the end of their life may contain material that might be a hazard to the environment. Dispose of the blood pressure monitor as prescribed, i.e., at a collection point for electrical scrap.



The disposal of batteries is regulated. Spent batteries are collected at collection points provided by battery dealers and the communities.



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