

## ABOUT US

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarter in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.

## QUICK STARTUP GUIDE

### Step 1

Sit comfortable in a chair with table.

### Step 2

Place and wrap the cuff over the bare upper arm correctly for getting an accurate reading.

### Step 3

Place the stethoscope head underneath the artery mark of the cuff.

### Step 4

With the valve closed, press the bulb, and continue pumping to a value 30-40 mmHg above your normal blood pressure.

### Step 5

Open the valve to deflate the cuff gradually at a rate of 2-3 mmHg per second.

### Step 6

Record the onset of arterial sound heard through the stethoscope as the systolic pressure, and the disappearance of these sounds as diastolic pressure.

### Step 7

After measurement, open the valve and release any remaining air in the cuff.



112

## INTRODUCTION

The Dr Trust Aneroid BP with Stethoscope -112 is a fine quality instrument, which allows you to monitor your blood pressure easily and effectively anywhere, any time! It has been subjected to the strictest of standards in manufacturing and quality assurance testing. It is designed to be operated manually and doesn't include any fluid inside of it. It has an easy to read dial to ensure clarity and its accuracy is within 3 mmHg. It is made with high molecular polymer nylon Velcro cuff, manual pressure pump, BP reader, and a stethoscope to ensure correct BP measurement every time. With proper care and maintenance, this instrument will provide you with years of hassle-free BP monitoring. Moreover, it is inexpensive, lightweight, and portable.

## FEATURES

- It has a universal cuff to ensure that it fits perfectly with high-quality Velcro closure for accurate readings.
- It is hypoallergenic and for those who may suffer from any allergic reaction to latex.
- It is lightweight so it won't cause any hassle during your hospital runs.
- Comes with a carry pouch and ideal for use on the go.
- This is designed for home use, and for professional use.

## GENERAL SAFETY CAUTIONS

- Do not inflate over 300 mmHg
- Always consult a physician
- Do not leave cuff inflated on arm or thigh
- Limit use to less than 2 minutes
- Do not leave unattended around children

## INTENDED USE

It is a very important device used for evaluating an individual's blood pressure levels and general health. It always provides quality blood pressure assessments and readings quickly. It can be used for getting accurate BP readings on a regular basis.

## BLOOD PRESSURE

### 1. What is Blood Pressure?

Blood Pressure is a measurement of the pressure of the blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the cardiac cycle. The highest pressure in the cycle is called the systolic blood pressure, the lowest is the diastolic blood pressure; both readings are necessary to enable you to evaluate the status of your blood pressure. Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. Blood pressure is typically low in the morning but high from afternoon to evening. It is lower in the summer but higher in the winter.

### 2. What is normal blood pressure?

Blood pressure varies from individual to individual and is dependent upon a number of factors, such as age, weight, physical condition and gender etc. The classic normal reading for an adult between the ages of 18 and 45 is 120/80. Remember, only your physician is qualified to determine whether the readings you obtain are normal for you.



112

## ● BASIC PARTS ●

1. **Universal Size Cuff** – This is what you need to wrap around the arm. It has a bladder inside to hold air
2. **Manometer** – It measures the air pressure in mmHg.
3. **Valve** – This is the part that controls the deflation of the cuff.
4. **Tube** – This is how air gets from the bulb to the bladder.
5. **Latex Free Bulb** – This rubber sphere is squeezable and used to pump air into the cuff.
6. **Stethoscope** - An additional instrument used for listening to the heartbeats or blood flow sound during BP measurements.
7. **Bladder** – The inflatable bag inside of the cuff holds the air that's pumped in.



## ● HOW TO MEASURE THE BLOOD PRESSURE? ●

### 1. Relax and adjust to a proper position

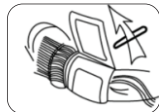
It is very important that the person whose blood pressure is being taken is relaxed and sitting comfortably. Keep arm being measured at heart level. Arm extended but not too tense or stiff. Rest arm on a flat surface, such as a desk with the left palm facing upwards. Keep arm being measured still.

### 2. How to put on the Velcro cuffs and chest piece

Place the cuff 2-3cm above the bend of the elbow on the naked left upper arm;



Close the cuff by means of the Velcro closure. Cuff should be snug, but not too tight;



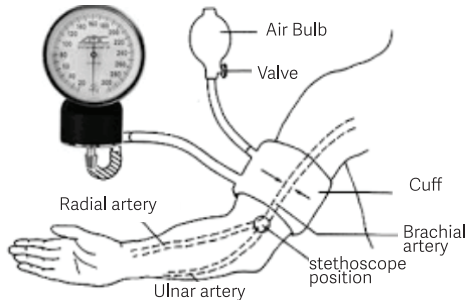
One or two fingers should fit between cuff and arm.

**Note** - Never place the cuff over clothing.

The unit is intended for home use. The diaphragm of the chest piece of the stethoscope integrated into the cuff must be placed above the brachial artery.



Note- Consider the below shared figure for your reference.



### 3. Inflating the cuff

Close the air valve on the bulb by turning the screw clockwise.

Note- Do not over-tighten it.



Squeeze the inflation bulb with the hand. You used to at a steady rate until the needle on the gauge points 30mmHg above your normal upper-systolic-pressure value.



### 4. Systolic blood pressure reading-upper value

Slowly open the air valve by turning the screw counterclockwise and hold stethoscope chest piece over the brachial artery. A proper deflation rate is vital for an accurate reading, so you should practice and master a recommended deflation rate of 2-3mmHg per second or a drop of one to two marks on the pressure gauge of each heartbeat.



You should not keep the cuff inflated any longer than necessary.

As the cuff begins to deflate, you must listen carefully with the stethoscope. Note the reading on the gauge as soon as you hear a faint, rhythmic tapping, or thumping sounds.

This is the systolic-upper-blood pressure reading.

Listen carefully and familiarize yourself with pulse sound. Once familiar you should check this procedure with your physician.



### 5. Diastolic blood pressure reading-lower value

Allow the pressure to continue dropping at the same deflation rate. You're your diastolic-lower-blood pressure value reached, the thumping sound stops.

Deflate the cuff valve completely. Remove the cuff from arm and stethoscope from ears.



### 6. Record your readings

Repeat the measurement two or more times. Do not forget to record your readings and the time of the day measurement is made immediately after you finish measuring. A convenient time is first thing in the morning, or just before evening meals.

Remember that your physician is the only person qualified to analyze your blood pressure.

## SPECIFICATIONS

Measuring range	0-300mmHg
Precision	±3 mmHg
Scale graduation	2 mmHg
Storage temperature condition	-20°C to 70°C at relative air humidity of 85% (non-condensing)
Usage temperature condition	Between 10 °C - 40 °C at a relative humidity of 85%

## GENERAL MAINTENANCE & CARE

With proper care and maintenance, your blood pressure kit will provide years of satisfactory service. The basic rules include:

- Never inflate beyond 300mmHg.
- Never expose the cuff to intensive solar radiation.
- Avoid prolonged exposure to excessive cold, moisture, solvents, and oils etc.
- Never touch the cuff fabric or parts with a sharp instrument, since this could cause damage.
- Always deflate cuff completely before storage.
- Do not dismantle the manometer under any circumstance.
- A storage case is provided, to keep the chest piece and all the other parts clean.
- Wipe off the manometer and bulb with a damp cloth.
- Sterilization is not necessary, since the parts do not come into direct contact with the patient's body.
- Remove the bladder first, and wipe the Velcro, bladder and tubes with a damp cloth.
- The cuff can be washed with soap and cold water like all the other cuffs, but you must rinse the cuffs with clear water afterward and let it air dry.
- Do not machine dry it.
- Frequently check for and remove dust from screen filter of intake valve at end of an inflation bulb



## CAUTIONS

- Keep sharp objects away from the cuff
- Never disassemble the sphygmomanometer
- Avoid impact or shock to the sphygmomanometer
- Always deflate cuff completely after measurement and prior to storage

## CUSTOMER SUPPORT

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