

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

#### California Residents Only

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells products of the same type. The retail store shall then, at its choice, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.\* ADC® and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, at their preference, return nonconforming products directly to ADC® for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-ADC-2670. ADC® is not responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

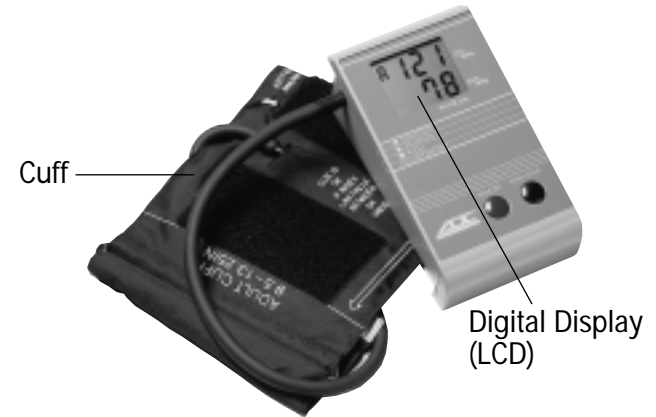
\*IMPORTANT: If the nonconforming product is to be serviced by someone other than ADC's Authorized Service Center, please remind the servicer to call our Consumer Service Center to ensure that the problem is properly diagnosed, the product serviced with the correct parts, and to ensure that the product is still under warranty.

To Register Your Product, visit us at

[www.adctoday.com](http://www.adctoday.com)  
and follow the links

**MODEL 6008N**

# Automatic Digital Blood Pressure Monitor w/Smart Logic™ INSTRUCTIONS



## Specifications/Quick Reference

Weight:	Approx. 350g (with batteries)
Size:	8cm(W) X 15cm(L) X 67mm(H)
Storage:	Temp: -20°C to +50°C
Operation:	Temp: +10°C to 40°C / 85%RH or below
Indicator:	LCD display
Measuring Method:	Oscillometric method
Measurement Range:	Pressure: 0~300mmHg / Pulse 40~160 pulse/min.
Measuring Resolution:	1mmHg
Accuracy:	Pressure: within ± 3mmHg Pulse: within ± 5% of reading
Power Source:	1.5V Alkaline battery (UM-3, size "AA") x 4 (not included)
Accessories:	• Cuff (adult size, fits arm circumference 9.50-13.25 in.) • Instruction Manual

Specifications subject to change without notice.

## Table of Contents

1. Introduction . . . . .	2
2. About Blood Pressure. . . . .	3
A. What is Blood Pressure?. . . . .	3
B. What is a Normal Blood Pressure?. . . . .	3
C. What Influences Blood Pressure?. . . . .	4
D. Does Blood Pressure Vary?. . . . .	4
E. What is Hypertension? . . . . .	5
F. Can Hypertension be Controlled?. . . . .	5
G. Why Measure Blood Pressure at Home? . . . . .	6
H. How is Blood Pressure Measured? . . . . .	6-7
I. How Should I Record My Blood Pressure? . . . . .	7
3. Identification of Unit . . . . .	8
4. First Time Set-Up . . . . .	9
A. Battery Installation . . . . .	9
B. Connecting the Arm Cuff . . . . .	9
5. How to Measure Your Blood Pressure . . . . .	10
A. About the Cuff. . . . .	10
B. To Apply the ADcuff™ Cuff to Your Arm. . . . .	10-11
C. Correct Measuring Posture . . . . .	11-12
D. Operating the Instrument. . . . .	12-13
6. Memory Feature . . . . .	14
7. Helpful Hints . . . . .	14
8. Trouble Shooting/Error Messages. . . . .	15
9. Care and Maintenance. . . . .	16
10. Ordering a Different Cuff. . . . .	17
11. Service . . . . .	18
12. Warranty. . . . .	18-19

## 11. Service

Should your instrument require factory service, return to the factory service center listed below. Be sure to include a note containing:

- Your name and return address
- Daytime phone number
- Symptoms of the malfunction
- Proof of purchase (copy of receipt) for warranty coverage

Remove batteries from electronic items and pack unit in either the original carton or a sturdy carton. Make sure to stuff with newspaper or other loose fill to prevent damage during shipment. Ship by insured parcel post, UPS, RPS or other small package carrier.

Allow 3-4 weeks to receive your serviced instrument.

ADC® Service Dept.

55 Commerce Drive, Hauppauge, NY 11788

[www.adctoday.com](http://www.adctoday.com)

## 12. Two Year Limited Warranty

ADC® warrants to the owner of this ADC® Blood Pressure Monitor that it is free from defects in materials and workmanship for a period of two years from the original date of consumer purchase. This warranty does not cover damage to the product as a result of misuse or accident. The warranty does not apply if maintenance instructions are not followed. IT IS YOUR OBLIGATION TO DISCHARGE THE BATTERY PERIODICALLY. IN NO EVENT SHALL ADC® BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

If the product becomes defective in warranty (2 years from date shown on receipt) or out of warranty, call 1-800-ADC-2670 9AM - 5PM EST. When returning your Blood Pressure Monitor in or out of warranty, add \$5.00 for postage and handling.

## 10. Ordering A Different Cuff

Use of a correctly sized cuff along with proper positioning of the cuff are essential to accurate measurements. The ADcuff™, with its proprietary Size Guide™ marking system, simplifies correct cuff application and helps prevent "miscuffing." The ADcuff™ for Home is available in three sizes. If you need to order a size other than the one included with the instrument, call 1-800-ADC-2670 for the dealer nearest you.

Arm Circumference	Size	Model Number
7.5" to 10.00"	Child	850CCN
9.50" to 13.25"	Adult	850CN
12.00" to 16.00"	Large Adult	850XCN

To determine the correct size, measure the circumference of the arm at the bicep, half way between the shoulder and elbow.

## 1. Introduction

Congratulations on your purchase of the advanced ADC® Blood Pressure Monitor.

In hospitals and physician's offices throughout the world, where accuracy and dependability are critical, ADC® professional diagnostic products are the instruments of choice.

Now, you too can enjoy the benefits of ADC® engineering and quality in the home. This feature rich instrument was designed to simplify the measurement of blood pressure and pulse rate at home and deliver consistent, dependable results.

**Please read this booklet thoroughly before attempting to use your new ADC® Digital Blood Pressure Monitor.**

### ***Remember.....***

- Only a health care professional is qualified to interpret blood pressure measurements. This device is NOT intended to replace regular medical checkups.
- It is recommended that your physician review your procedure for using this device.
- Blood pressure readings obtained by this device should be verified before prescribing or making adjustments to any medications used to control hypertension.
- This monitor is intended for use by adults only. Consult with a physician before using this instrument on a child.
- Familiarize yourself with the sections titled "*About Blood Pressure*" and "*Helpful Hints.*" They contain important information on the dynamics of blood pressure readings and will help you to obtain the best results.
- Do not attempt to service or repair this device yourself. Should a malfunction occur, refer to page 17 of this booklet for service information.

## 2. About Blood Pressure

### A. What is Blood Pressure?

Simply put, arterial blood pressure is the force of blood exerted against the walls of the arteries. There are two components to blood pressure - systolic and diastolic pressure. Systolic, the higher pressure, occurs during contraction of the heart. Diastolic, the lower pressure, occurs when the heart is at "rest."

Blood pressure is traditionally measured in millimeters of mercury (mmHg). It is recorded as systolic/diastolic. For example a systolic of 120 and diastolic of 80 would be recorded 120/80.

Blood pressure is a dynamic vital sign - one that changes constantly and throughout the day. A person's "resting" blood pressure is the pressure that exists first thing in the morning while a person is still at rest and before consumption of food or drink.

### B. What is a Normal Blood Pressure?

A systolic pressure of less than 130mmHg and a diastolic pressure of under 85mmHg are recognized as normal by the National Heart Lung and Blood Institute Joint National Committee, 1993. However, individual blood pressure may vary.

**Note:** *Blood pressure does increase with age, so you must check with your doctor to find out what is "normal" for you!*

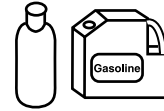
### C. What Influences Blood Pressure?

Blood pressure is influenced by many factors including age, weight, physical conditioning, past illness, time of day, altitude, activity, and climate, to name just a few. In general, blood pressure is lower in the morning and increases throughout the day. It is lower in warm weather, and higher in cold weather.

Physical activity can have a significant short term impact on blood pressure. Work, exercise, smoking, eating, drinking - even talking, laughing, or crying will all affect a person's blood pressure.

Your diet, including beverages containing caffeine or alcohol, may affect blood pressure. Emotional stress can have a dramatic impact

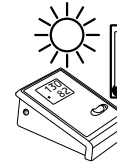
## 9. Care and Maintenance



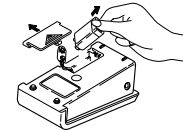
Never clean cuff or monitor with alcohol, hydrogen peroxide, thinners, or any other harsh chemicals.



Clean the monitor with a soft cloth very slightly moistened with water or mild detergent. Wipe dry.



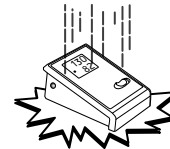
Avoid exposure to extremes in temperature, humidity, direct sunlight, or dust.



Remove batteries when instrument will not be used for an extended period of time or when returning for service.

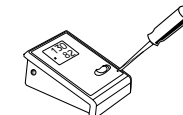


Take care when storing the cuff and tubing to avoid kinking or damage.



Do not drop the instrument or subject to strong vibration.

Do not inflate the instrument with the power off.



Do not attempt to disassemble the main unit or cuff.

## 8. Trouble Shooting/Error Messages

In the chart below are some of the more common problems you may experience during measurement. Those problems that are detected by the monitor, such as low battery, are displayed in the LCD. Refer to this chart BEFORE sending instrument in for factory repair service.

Display Symbol	Problem	Possible Solution
	Movement during measurement.	Make sure that the cuff is wrapped properly and repeat "How to Measure Your Blood Pressure."
	The cuff was inflated to more than 330mmHg. Movement during measurement.	Do not move during measurement.
	Battery strength is too low for monitor to work properly.	Replace all batteries with new ones.

on your blood pressure.

Even repeated blood pressure measurements taken without adequate rest between readings will alter your blood pressure as the vessels in your arm engorge with blood.

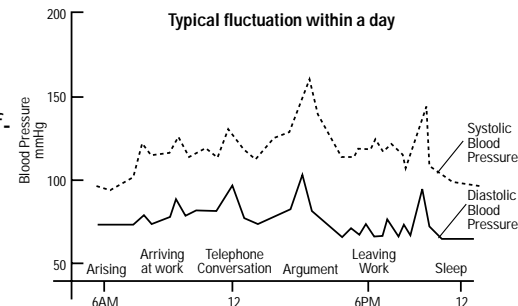
Many of these influences are only temporary or short term, though chronic (long term) exposure to some factors may result in permanently elevated blood pressure levels.

### D. Does Blood Pressure Vary?

Constantly. An individual's blood pressure varies greatly on a daily and seasonal basis. It changes throughout one's lifetime. It is not uncommon for systolic pressure to vary by 40mmHg or more throughout the course

of a single day! While generally not as volatile, diastolic pressure can still vary significantly. In hypertensive individuals, variations are even more pronounced. Normally, blood pressure is at its

lowest during sleep and rises in the morning and throughout the day. The chart to the right illustrates the fluctuations that could occur in a typical day.



### E. What is Hypertension?

Hypertension (high blood pressure) is elevated systolic or diastolic levels. In 90 to 95 percent of the diagnosed cases, the specific causes are unknown, although the condition is often linked with family history and lifestyle. This is referred to as essential hypertension. In the remaining cases, high blood pressure is a symptom of an underlying, often treatable condition, which if corrected, may normalize blood pressure. This less common type is known as secondary hypertension.

Hypertension, if left untreated, may contribute to kidney disease, heart attack, stroke, or other debilitating illnesses.

The following standards for assessment of high blood pressure (without regard to age) have been established by the National Heart Lung and Blood Institute Joint National Committee, 1993.

Category	Systolic (mmHg)	Diastolic (mmHg)
Normal	<130	<85
High Normal	130-139	85-89
Hypertension:		
Stage 1 (Mild)	140-159	90-99
Stage 2 (Moderate)	160-179	100-109
Stage 3 (Severe)	180-209	110-119
Stage 4 (Very Severe)	≥210	≥120

*Remember only a physician is qualified to interpret the readings obtained from your blood pressure monitor. No attempt should ever be made at self-diagnosis or treatment.*

#### F. Can Hypertension be Controlled?

Although essential hypertension can not be cured, it can usually be controlled by altering lifestyle (including diet), adopting a program of exercise, stress management and, where necessary, with medication under a doctor's supervision.

To help reduce the risk of hypertension, or keep it under control, the American Heart Association (AHA) recommends the following:

- Don't smoke
- Reduce salt and fat intake
- Maintain proper weight
- Exercise regularly
- Have regular physical checkups

#### G. Why Measure Blood Pressure at Home?

Clinical studies have shown improved detection and treatment of hypertension when regular home blood pressure monitoring is done in consultation with a physician.

## 6. Memory Feature

The memory feature of this monitor can store and recall up to seven measurements. When the number of measurements exceeds seven, the old data will be replaced by the new one.

**Note:** *The pulse will not be stored in the memory.*

#### To Store Values in Memory:

The most recent reading is automatically stored in memory at the completion of measurement.

#### To Recall Reading from Memory:

Memory data can be recalled regardless of whether the power is turned on or off. Press the memory button. (When no measurements are stored, nothing will be displayed). Every depression of the key effects switching among the memory data.

## 7. Helpful Hints

For best results, follow the tips outlined below:

- Do measure your pressure the same time each day.
- Do rest 5 to 10 minutes before measuring your blood pressure.
- Do not eat, drink, smoke, or engage in any strenuous activity immediately before measurement.
- Do allow 5 to 10 minutes rest BETWEEN subsequent measurements.
- Do record the date and time measurement was made.
- Do not talk, eat, drink, or move during the measurement process.
- Do not allow any single measurement to concern you. Your blood pressure history is far more important.
- Do not use or store the instrument in temperature extremes as it may damage the instrument and affect measurement accuracy.
- Do not apply the cuff over any article of clothing. Make sure the clothing is not binding on the arm.

4. Pulse First Detected: When the instrument begins to detect a pulse the LCD will display a flashing heart sign while the instrument beeps with each pulse beat.

**Note:** *If you wish to stop the measurement process at any time depress ON/OFF button to exhaust all air in the cuff and abort the measurement.*

5. Systolic Pressure Determined: When the systolic pressure is measured, the LCD will show the cuff pressure only and discontinue display of the deflation rate. Unit will continue to deflate and measure diastolic pressure and pulse.

6. Measurement Completed: When the device completes measurement, there will be a long beep sound. The unit will display systolic and diastolic pressure simultaneously with pulse rate in the LCD display. The unit will then automatically exhaust all air remaining in the cuff and store the reading in memory.

7. Record Readings: If you wish to record the readings, make sure to note date and time.

8. Turn Instrument Off: Monitor shuts off automatically in about five minutes or may be switched off manually by pressing the START/STOP button.

9. Remove cuff and engage adhesive strips to protect.

**Note:** *If you wish to measure your blood pressure again, wait at least 5 to 10 minutes.*

Blood pressure measured in a doctor's office or hospital setting may cause anxiety and lead to an elevated reading - a condition referred to as "white coat hypertension."

Home measurements generally reduce the "outside" influences on blood pressure readings, and can provide a more comprehensive and meaningful blood pressure history.

**Important Note:** *While it is important to keep an accurate record of your blood pressure measurements, don't be overly concerned by the results of any one measurement. Individual results may be influenced by spiking of your pressure due to diet, anxiety, or mis-measurement resulting from excessive arm movement, or misapplication of the cuff. Many readings taken at the same time each day give a more comprehensive blood pressure history. Always be sure to note the date and time when recording blood pressure and pulse measurements.*

*For best results, and with time permitting, 3 successive measurements may be taken daily. Make sure to allow at least 5 to 10 minute intervals between measurements. Discard any reading that appears suspect and record the average of the remaining readings.*

## **H. How is Blood Pressure Measured?**

Health care professionals traditionally use a device known as a sphygmomanometer along with a stethoscope. The sphygmomanometer is a system consisting of an inflatable bladder contained within a cuff, inflation bulb with air control valve, and pressure measuring manometer (gauge). The gauge may be mechanical or mercurial.

The cuff is wrapped around the limb and inflated to constrict blood flow to the artery. As pressure is released from the cuff through the deflation valve, blood flow returns to the artery producing pulse beats known as Korotkoff sounds, which are detected with the stethoscope. **Systolic** pressure is recorded at the onset of these sounds. **Diastolic** pressure is generally recorded when the sounds disappear (when blood flow to the artery returns to normal).

ADC® Digital Blood Pressure Monitors utilize the oscillometric principal. Pressure pulse waves - the vibrations caused by the blood flow within the artery - are detected by a sensor in the main console. A microprocessor filters out external noise and other artifacts and calculates the systolic and diastolic pressure and pulse values. These values are then displayed in the LCD readout.

### I. How Should I Record My Blood Pressure?

Record by setting up a simple chart in a spiral bound notebook as shown below:

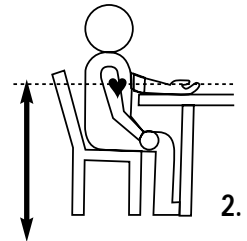
Date	Time	Reading	Pulse
4/24/98	7:50AM	128/83	72
4/25/98	8:00AM	135/77	77
4/26/98	7:45AM	130/75	71
4/27/98	2:00PM	153/89	80

If you like you can add a column for comments about your condition at the time of measurement, or a listing of any factors that may have influenced your readings (such as "had a cold", or "just returned from vacation").

For best results, and with time permitting, 3 successive measurements may be taken daily. Make sure to allow at least 5 to 10 minute intervals between measurements. Discard any reading that appears suspect and record the average of the remaining readings. If this method is used, be sure to note that the readings are averaged.

**Note:** If the arm is above heart level you may obtain lower than "normal" readings. Conversely, if it is below heart level, you may obtain elevated readings.

2. Sit upright with feet resting on the floor surface. Do not lean forward or backward during measurement.



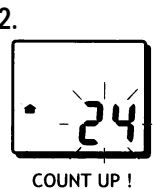
3. Relax for five to ten minutes before measurement to stabilize your pressure.

### D. Operating the Instrument

1. Press the START/STOP button. This will turn the unit on. About 2 seconds later the unit will beep to indicate the start of measurement. The unit automatically starts pressurization.

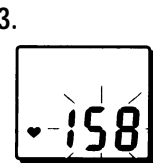


2. Sit Quietly. The unit will automatically stop inflation once the pressure has reached 180mmHg. The beep sounds and the pressurization stops. The unit will begin to release air from the cuff gradually. It is normal for the cuff to feel very tight.

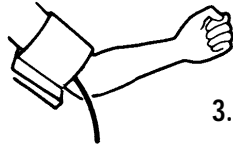


**Note:** If movement of the arm or the hand occurs during measurement, the unit will inflate again to a level about 40mmHg higher. Automatic repressurization is repeated until a measurement is made. However, this does not mean any fault.

3. Observe the Display: As the pressure drops, the LCD will display the cuff pressure on top and deflation rate below. The unit is starting to measure your pressure.

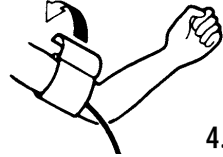


3. Make sure to position the cuff correctly on the **upper arm** with the edges marked nearer to wrist and shoulder in the correct orientation. The bottom edge of the cuff (edge nearest the wrist) should be about 1 inch above the inside elbow crease. Pull on the free end of the cuff to tighten.



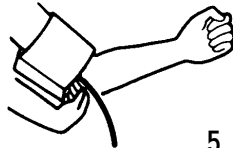
3.

4. Position so that the **Artery Mark** is directly over the **Brachial Artery**. The brachial artery runs along the inside of the arm near the elbow crease. Although it can not be seen, the brachial artery can be detected by feeling for a pulse using the fingers of the opposite hand.



4.

5. Secure cuff by attaching the hook and loop adhesive. The cuff should be **snug**, but not tight. One finger should be able to slide easily between cuff and arm. Check to be sure the cuff is the correct size for your arm.



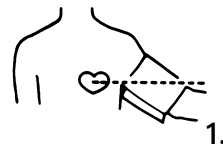
5.

When properly snug, the white **index line** should fall between the "OK" lines printed on the cuff. If the index line does not fall between the "OK" lines you will need to order a larger or smaller cuff. Refer to the back of this booklet for information on ordering other cuff sizes.

### C. Correct Measuring Posture

Correct measuring posture is essential to accurate measurement of your blood pressure.

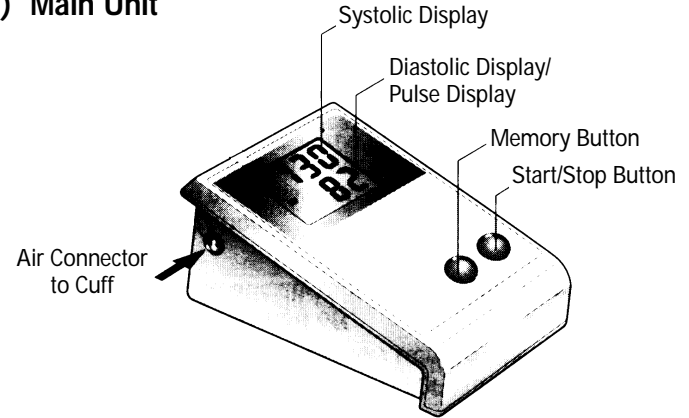
1. Sit comfortably in a chair with the measurement arm resting flat on a surface so that the center of your arm is at about the same height as your heart. If someone else is taking your blood pressure you may recline.



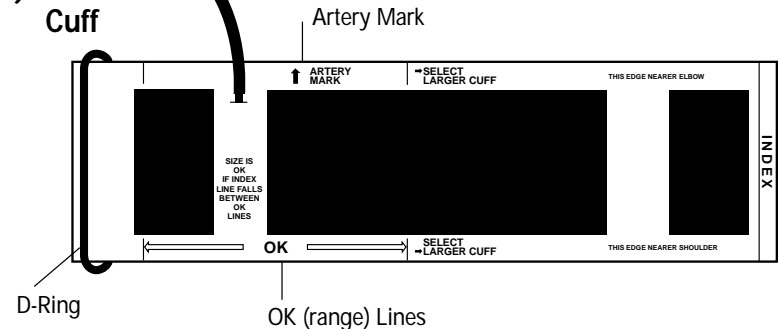
1.

## 3. Identification of the Unit (Model # 6008N)

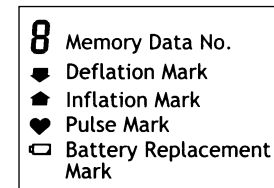
### a) Main Unit



### b) ADcuff™ Cuff



### c) Display Symbols

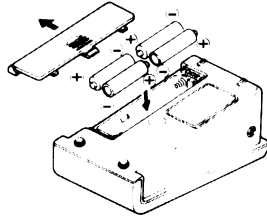


## 4. First Time Set-Up

After unpacking the instrument, you must install 4 AA (1.5 volt) batteries (not included) and attach the arm cuff to the main console.

### A. Battery Installation

1. Remove battery compartment cover located on the under side of the unit by gently pushing down on the textured grip and sliding in the direction of the arrow.
2. Place each battery (4 AA, 1.5 volt required) in compartment making sure to observe the correct polarity.
3. Replace the battery cover by sliding it into the compartment track and gently pressing into place.

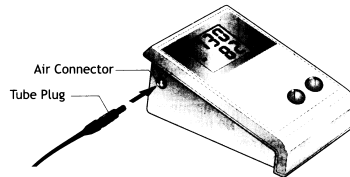


#### Note:

- Replace batteries if the low battery indicator appears in the display or if nothing displays with the power on.
- Always replace with 4 NEW AA, 1.5 volt alkaline batteries. Do not use rechargeable batteries.
- Remove batteries if unit will not be used for extended periods or if being returned for factory service.
- Never force battery cover on or off.

### B. Connecting the Arm Cuff

1. Attach arm cuff tube connector to socket on left side of main console with a slight twisting motion. Make sure connector is firmly seated in monitor.



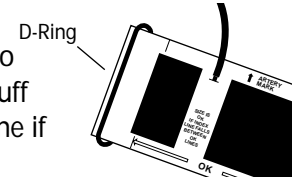
Your ADC® Digital Blood Pressure Monitor is now ready for use!

## 5. How to Measure Your Blood Pressure

### A. About the Cuff

Your ADC® Blood Pressure Monitor is equipped with the ADcuff™ blood pressure cuff. It is similar to the cuff used in physician's offices and hospitals but has been specially modified for home use. It is designed to work on arms with a circumference of 9.5 inches to 13.25 inches. Use of a correctly sized cuff, along with proper positioning of the cuff are essential to accurate measurements. The ADcuff™, with its proprietary Size Guide™ Marking System, simplifies correct cuff application and helps prevent "miscuffing."

Your ADcuff™ for home use features a D-Ring which allows unassisted attachment to the arm. The **Artery Mark** facilitates correct cuff positioning. **Index and OK lines** help determine if the cuff is the correct size for the arm.



For best results it is important to observe correct measuring posture and to apply the cuff properly.

**Note:** These are two of the factors that most often lead to measurement errors or unreliable results.

### B. To Apply the ADcuff™ Cuff to Your Arm: Measurement is suggested on left arm. If measuring on right arm, reverse procedures as necessary.

1. Remove constricting clothing from measurement arm. Never attempt to measure blood pressure over shirt sleeve. If rolling up sleeve, make sure it doesn't bind or constrict circulation.
2. Slip arm through cuff (the free end of the cuff must be threaded through the D-Ring with hook and loop adhesive and printed markings visible on the outside surface).

