

How to Properly Wear the BPArO Arm Cuff

1. Use the labels on the provided BPArO cuffs to select the appropriate size cuff for your arm.
2. Select the arm that you use less frequently through the day as the arm to place the cuff the on.
3. Ensure that the BPArO device is not connected to any other equipment (such as a computer) when placing the cuff.
4. Insert your arm through the cuff (with the tubing exiting the top of the cuff). It should sit on your bicep – approximately 2-3cm above the elbow bend.
5. Turn the cuff to ensure that the tubing is on the inside of the arm (closest to your chest)
6. Tighten the cuff gently. The cuff should feel comfortable, but have enough pressure to stay in place. The cuff should not move position when you bend your elbow.

Double Check the following:

- The tube is facing upwards and the tubing is not restricted or compressed
- The arrow on the cuff is above the elbow bend (above the brachial artery)
- the dashed white line at the end of the cuff is located between the two dashed lines when you close the cuff
- the cuff is fitting snug, but not compressing the blood vessels
- the cuff and the ABPM devices are used inside the ambient conditions for operation and inside the measuring range

Warnings – Risk to Person

- The effect of blood flow interference can result in a harmful injury to the patient caused by continuous cuff pressure due to connection tubing kinking.
- Too frequent measurements can cause injury to the patient due to blood flow interference.
- The application of the cuff over a wound can cause further injury.
- The application of the cuff and its pressurization on the arm on the side of a mastectomy is not recommended.
- The pressurization of the cuff can temporarily cause loss of function of simultaneously used monitoring equipment on the same limb.
- By watching the limb, it is necessary to check that operation of the ABPM device does not result in prolonged impairment of patient blood circulation.

Caution – Incorrect measurements can occur if:

- Use only the cuffs listed in chapter "Order Information"
- Replace cuffs on a regular basis. Damaged Velcro fasteners may cause incorrect readings.
- Select the appropriate cuff size as a cuff that is too small will lead to overrated BP values and when the cuff is too big, the measured values will be too low.



Arm Cuff Instructions

for the BPAro 24-hour
Ambulatory Blood Pressure
Monitor

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