

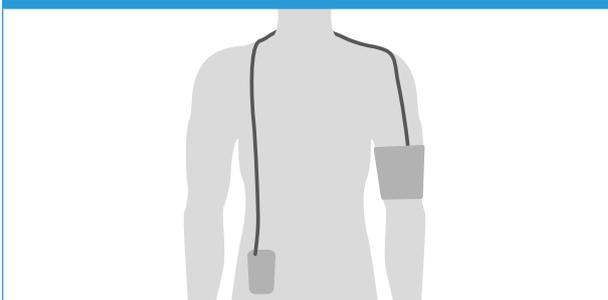


24h Blood Pressure Monitoring – Important Information for Patients

To ensure that the 24h blood pressure monitoring is performed correctly, it is essential that you wear the blood pressure monitor continuously throughout the entire 24h measurement period and follow the instructions below:

- ✓ Please record your activities briefly in the patient diary during the 24h measurement period. Particularly relevant are physical activities, any symptoms, and your sleep time.
- ✓ Make sure that the blood pressure cuff is positioned on your upper arm approximately two finger-widths above the elbow crease. The arrow labeled «ART» must point to the inside of your arm.
- ✓ The blood pressure cuff should be fitted snugly. However, you should always be able to fit one finger underneath the cuff. If the cuff becomes loose during the 24h measurement period, please tighten it.
- ✓ Ensure that the pressure tube of the blood pressure cuff is not kinked or compressed.
- ✓ During the day, a beep will signal an upcoming measurement. Please do not speak during the measurement and keep your arm either hanging loosely or resting on a surface. In exceptional cases, the measurement can be aborted by pressing any button.
- ✓ By pressing the event button, you can initiate an additional measurement. Please only press the event button if you experience symptoms and make a note of the event in the patient diary.
- ✓ The blood pressure monitor must not come into contact with any liquids. Therefore, you must not shower or bathe during the 24h measurement period.
- ✓ If the blood pressure measurements cause pain, please contact your doctor immediately.

Cuff fit, front view



Device button

Event button



Please **do not** press any other buttons!