

To avoid incorrect results, you must keep still during a measurement – which means on inflation of cuff please stop whatever you are doing where possible and wait until measurement has been taken.

Avoid opening and closing the hand during the measurement and do not move the fingers.

### If standing

- Let the arm hang loosely, place the hand in the trouser pocket or fingers in the waistband.

### If sitting

- Rest the lower arm loosely on the table or other support. Press the “Day/Night” Key when going to bed at night and when getting up in the morning. The recorder will confirm the change with a signal.

While sleeping, the unit must be placed on its side, so that the air tube cannot be kinked.

The event button should be pressed at any time you feel your pressure is raised, and when medication is taken.

The monitor must never be allowed to get wet. eg: do not wear in shower or whilst swimming.

If a measurement should ever become painful, you must switch off the unit and take the cuff off and inform the staff when returning machine.

You **must** return to the collection centre to have the monitor removed as soon as the 24hrs have passed.

**An error may frequently occur during the recording. This is normal. So disregard and resume activity. Continue as before.**