

Frequently Asked Questions

Advocate Upper Arm Digital Blood Pressure Monitor

Model # SPBP-04

1. How is measuring blood pressure at home different than in a medical office?

A: Measuring at home with a digital device is highly reliable and allows for testing to occur while you are relaxed. Take your monitor with you to your next appointment to compare your monitor results with the nurse's measurement of your blood pressure.

2. What is the best time of day to measure my blood pressure?

A: It is ideal to take your blood pressure at the same time every day. Ask your medical provider for guidance. Avoid exercise and caffeine 30 minutes prior to testing and empty your bladder at least 5 minutes before testing. Lastly, allow at least 5 minutes to relax before testing.

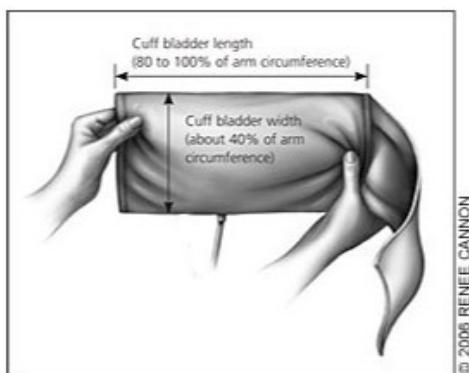
3. Should I use my right or left arm for testing?

A: Either arm is acceptable for testing but use the same arm each time you test. Some prefer to use the left arm because it is closer to the heart.

4. How do I know that I have the correct size of cuff?

A: The cuff size provided is based on the measured circumference of your upper arm (length of tape measure wrapped around upper arm). There is an inflatable bladder located inside, situated between the stitching in the Velcro on either side of the air tube.

The length of the bladder should be \geq 80% of arm circumference. The width of the bladder should be \geq 40% of arm circumference.



877.932.6327



acelleron.com

5. How can I ensure an accurate test result?

- A:** Empty your bladder beforehand and wait 30 minutes after eating food or ingesting caffeine. Sit upright in a chair with your back supported, legs uncrossed, and feet on the floor. Place cuff on bare arm ½ inch above the elbow. Support your arm on a flat surface at heart level. Do not move or speak during testing. Take two or three measurements, one minute apart.

6. What are causes for an abnormal measurement and what should I do about it?

- A:** Improper cuff placement and body position can result in an abnormal test result. Some medications may affect your blood pressure. Relax for 15 minutes and test again. Call your medical provider immediately if the results remain questionable.

7. What causes my blood pressure to fluctuate during the day?

- A:** Blood pressure is usually lower at night while sleeping and peaks in the afternoon. Stress, anxiety, excitement, salt intake, alcohol, a warm bath, medication that does not last 24 hours, and working night shift can affect normal blood pressure patterns.

8. Should I adjust my medication if my blood pressure is too high/low?

- A:** Never adjust medications without speaking with your health care provider first.

ACC/AHA 2017 Updated Blood Pressure Guidelines			
Blood Pressure Category	Systolic mmHg (upper number)		Diastolic mmHg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Figure 1. Blood Pressure Categories. Adapted from "Understanding Blood Pressure Readings", American Heart Association. Retrieved February 16, 2021 from <https://www.heart.org/-/media/health-topics-images/hbp/blood-pressure-readings-chart-english.jpg?la=en>.

9. What if more than one person wants to use the monitor and store their test results?

- A.** This monitor has a 2-person memory bank with capacity to store 90 tests for each.

To set the monitor for Person 1:

- With monitor off, press and release the **P1** button: 
- "P1" will show in the lower left of screen with the average of P1's last three readings displayed. "A U9" will be displayed in the top left of screen indicating AVG or "average."
- Continue pressing P1 button to scroll through stored test results.
- If there are no stored results for P1, "NO" will appear in display.

To set the monitor for Person 2:

Repeat above instructions using **P2** button: 

10. How do I delete my testing history?

A: Press and hold the **P1** or **P2** button until "no" is displayed in lower right of monitor screen.

11. What if I want to only delete my last test?

A: It is not possible to delete a single test unless it is the *only* test in the user's memory bank.

12. Who should I call if I have questions about the monitor and/or cuff?

A: Please call **Acelleron** at **(877) 932-6327** to speak with one of our customer care specialists.

13. What is the monitor's manufacturer's warranty?

A: The warranty for the Advocate Upper Arm Blood Pressure monitor is valid for **1 year** from the date of purchase. *Warranty Registration must be completed online at <https://advocatemeters.com/warranty-registration/> within 14 days of the date of purchase.* To register, you will need to have the **model number** and **serial number**, found on the silver sticker on the bottom of your monitor, as well as the **date of purchase**.

14. How long will the batteries last?

A: The batteries should last for approximately 250 tests.

15. What type of medical AC adapter is recommended (not included) for this monitor?

A: The **Advocate Micro-USB AC Adapter for SPBP-04 Blood Pressure Monitor** is available for purchase at <https://acelleron.com/>. Alternatively, the monitor can be powered with a standard USB power supply with a USB-to-MICRO USB cable.

16. How do I clean the monitor?

A: When cleaning the unit, use a cloth dampened with water and mild detergent. Never use alcohol, benzene, thinner, or other harsh chemicals to clean the monitor or cuff.

17. What should I avoid?

A: Avoid exposing the monitor to extreme temperatures or humidity as well as direct sunlight, shock, or dust. Do not attempt to calibrate or repair the unit.

Continued...



877.932.6327



acelleron.com

Continued...

18. Troubleshooting

TROUBLESHOOTING 1		
Abnormality	Possible Reason	Corrective Action
LCD shows low battery symbol. 	Batteries are low.	Install new batteries.
The unit does not measure. The readings are too high or too low.	Pneumatic system blocked or cuff wrapped too tightly	Confirm cuff is wrapped around your arm correctly and re-measure.
	Pressure system was unstable before measurement.	Measure again. Stay calm without speaking or moving.
	Cuff position is incorrect	Sit comfortably and still. Confirm cuff is at heart-level.
An irregular heartbeat symbol occurs. 	Irregular heartbeat	Relax for about 5 minutes and measure again. If the symbol reappears, consult with your health care provider.
Cuff does not inflate.	Some interference in inflation or wrong operation during measuring	Refer to Instruction Manual: Taking a Measurement How to Wrap the Cuff on Your Arm Taking Your Blood Pressure Re-measure your blood pressure.

TROUBLESHOOTING 2		
Abnormality	Reason	Corrective Action
LCD shows "ER U"	Insufficient inflation	Wait for 5 minutes and re-measure. If still abnormal, contact acelleron Customer Care at (877) 932-6327 .
LCD shows "ER H"	Inflation over 305 mmHg	
LCD shows "ER 1"	Undetectable pulse	
LCD shows "ER 2"	Radiation interference	Move away from radiation source.
LCD shows "ER 3"	Measured result appears wrong.	Measure again.