

# Important patient information about the Mobil-O-Graph®

# IEM®



This patient information sheet gives you important safety information about using the Mobil-O-Graph® for 24-hour long-term blood pressure measurement. Read the information sheet about the long-term blood pressure measuring device carefully before use! It is **important** that you understand the information. If you have any questions, please contact your **doctor**.

## Patient safety instructions



### WARNING

- Only use the accessories given to you by your doctor!
- Do not put the cuff tube or the shoulder strap around the neck as there is a risk of strangulation!
- Always put the cuff tube under clothing (even at night).
- Measurement can be interrupted at any stage by pressing any button. This deflates the cuff and the device can be removed.
- Do not kink the cuff tube and avoid too frequent measurements, otherwise circulation problems could result.
- Turn off the device, remove the cuff and inform the doctor, if you experience any pain, swelling, redness or numbness in the arm around which the cuff is placed. (It is expected that some mild to moderate discomfort may be experienced during a blood pressure measurement.)
- Ensure the correct positioning of the shoulder strap/waist belt and cuff tube, also see Fig. 1.
- External interference factors such as, for example, movement of the arm being measured, physical activity or driving or using public transport during measurement may result in so-called motion artefacts or incorrect measurements. Keep a personal measurement log so that the doctor carrying out the evaluation can include this in the assessment.
- Switch off the device immediately and remove the cuff and the device if you experience an allergic reaction on the arm of the blood pressure measurement.
- Self-diagnosis and self-treatment on the basis of the results is dangerous. Do not undergo any treatment (or change of treatment) without consulting your doctor.
- Make sure that the pressure tube of the cuff cannot be kinked or squeezed, especially when sleeping.
- Bleeding in the skin or muscles may occur in patients with sensitive body tissue (petechiae, haemorrhages or subcutaneous haematomas).
- Do not place the Mobil-O-Graph® over a wound or bandage.
- If the patient has limited cognitive abilities, the device may only be used under supervision.

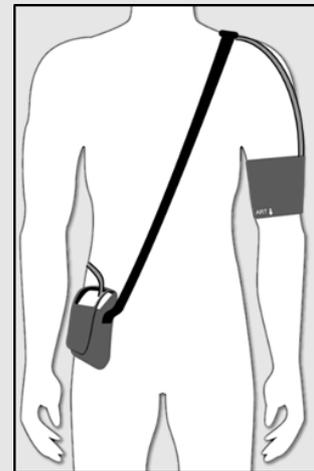


Fig. 1: Mobil-O-Graph® with shoulder strap

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## ! ATTENTION

- Do not open the casing. Once the device has been opened, any warranty will no longer be valid.
- Liquid must not get into the casing. If you want to have a shower or bath, switch off the device and take it off. Make sure that you put it back on properly afterwards and switch it on! If you think that liquid has entered the device, the device must not be used. Switch the device off and remove the batteries.
- Do not wear any other electrical medical devices on the arm you are using to measure your blood pressure and do not use the device in the vicinity of an MRI scanner.
- The device must not be used on aeroplanes.
- The Mobil-O-Graph® fulfils all requirements of the EMC standards, but it should not be exposed to strong electromagnetic fields as this may cause malfunction outside the limits. You should therefore ensure that the Mobil-O-Graph® is at least 30 cm (12 inches) from any portable RF communication devices.

## Taking off the cuff and blood pressure measuring device

If you need to remove the cuff and the device (e.g. to have a shower), proceed as follows:

- Switch the device off using the **ON/OFF** button.
- Remove the cuff from the arm.
- Take the device and the shoulder strap off.

## Putting on the cuff and blood pressure measuring device

The correct positioning of the arm cuff is very important for an accurate measurement and should always be done on the same arm.

To put the cuff and blood pressure measuring device on again, follow these instructions:

- The tube connection on the cuff must face upwards, see Fig. 1.
- The course of the cuff tube should ensure free movement of the upper arm and should be guided around the neck to the other side of the body.
- Align the cuff so that no part of the cuff tube can be kinked. Align the cuff so that the lower edge of the cuff is about 2 cm above your elbow, see Fig. 2.
- Place the cuff around the upper arm in such a way that one finger can be inserted underneath the cuff.
- Make sure that the artery symbol on the cuff is positioned on the arm artery (brachial artery), see Fig. 2.
- When the cuff is put on correctly, the metal strap lies on the outside of the upper arm (on the elbow side). Here, the fabric strap must cover the skin underneath the metal strap.
- We recommend placing the cuff on the bare upper arm. However, the cuff can also be worn over a thin shirt or a blouse.
- Put the holster on. By varying the length of the strap, you can use it either as a waist strap or as a shoulder strap.
- Insert the Mobil-O-Graph® into the holster so that the cuff connection and the buttons are freely accessible for operation.
- Switch the Mobil-O-Graph® on using the **ON/OFF** button.
- Start a new blood pressure measurement by pressing the **START** button.

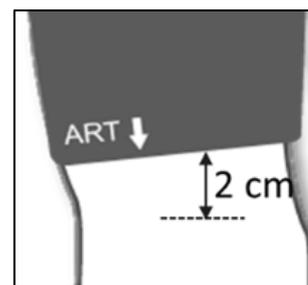


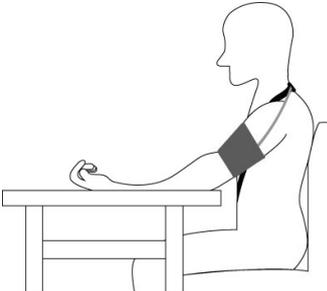
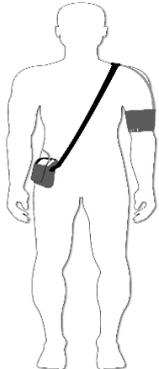
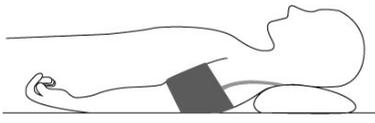
Fig. 2: Positioning of the cuffs



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## Conduct during a measurement

Make sure that the middle of the cuff is located at the level of your right atrium. When a blood pressure measurement starts, adopt one of the following positions if possible:

1. Position	2. Position	3. Position
		
<ul style="list-style-type: none"><li>▪ Sitting/standing/lying comfortably</li><li>▪ <b>Not</b> crossing your legs</li><li>▪ Keeping quiet and <b>not</b> speaking</li></ul>	<ul style="list-style-type: none"><li>▪ Feet flat on the floor (when sitting or standing)</li><li>▪ Supporting the back and arms (when sitting or lying)</li></ul>	

## Buttons of the Mobil-O-Graph®

The Mobil-O-Graph® has 4 buttons which can be used to perform various functions:



### ON/OFF button

You can turn the Mobil-O-Graph® on and off using the **ON/OFF** button. To avoid accidental switching on or off, the button must be held down for at least 2 seconds.

You can also prematurely terminate the measuring process with this button, as well as with any other button. The pressure in the cuff is then quickly released.



### START button

The **START** button is used to start the automatic log and triggers an additional manual measurement. In addition, pressing the **START** button will allow you to continue the measurement cycle if you have terminated a blood pressure measurement by pressing any button, or if you have switched the Mobil-O-Graph® off and back on again. The button can also trigger an additional single measurement; however, this should only be done after consultation with the doctor.



### DAY/NIGHT button

Press the **DAY/NIGHT** button in the evening before going to bed and again in the morning when you get up. Pressing the **DAY/NIGHT** button is stored together with the measurement results and allows your doctor to carry out a more detailed evaluation.



### EVENT button

Press the **EVENT** button to record an event which may affect the blood pressure and to trigger an additional measurement. Pressing the **EVENT** button is stored together with your measurement results and allows your doctor to carry out a more detailed evaluation. Make a note of the circumstances of the event in a personal measurement log so that you can discuss the events with your doctor afterwards. Special events are, for example, taking medication, chest pains, shortness of breath or similar.



### WARNING

After an automatic measurement, allow at least 3 minutes to elapse to avoid prolonged impairment of blood circulation before actively starting a measurement.

## Audible signals

The audible signals generated by the device consist of individual or multiple tone burst sequences. The following tone burst sequences are emitted:

Tone burst	Heard when
1 tone burst	<ul style="list-style-type: none"> <li>▪ Switching on and off</li> <li>▪ Starting and ending measurement (except in the night interval)</li> <li>▪ Removing the interface cable, ending IR communications, establishing and ending Bluetooth communications</li> <li>▪ Measurement errors</li> </ul>
3 tone bursts	<ul style="list-style-type: none"> <li>▪ System error</li> </ul>
Continuous tone bursts	<ul style="list-style-type: none"> <li>▪ Serious system error (e.g. the cuff pressure is greater than 15 mmHg for more than 10 seconds outside the measurement)</li> </ul>

## Troubleshooting

In the event of measurement or system errors, an error code will appear on the display of the Mobil-O-Graph® for a few seconds. The following support instructions will help you understand how to deal with each error code:

Error code	Measures
ERR 1	Keep your arm still during the measurement. If the error recurs, refit the cuff. If the error appears continuously, please contact your doctor.
ERR 2	Keep your arm still during measurement. If the error occurs repeatedly, check the positioning of the arm cuff and check that the cuff tube is firmly connected to the Mobil-O-Graph®.
ERR 3	Keep your arm still during measurement. If this error persists, please contact your doctor.
ERR 5	The batteries of the Mobil-O-Graph® are empty. Please contact your doctor.
ERR 6	Check whether the cuff tube is kinked. If the error persists, please contact your doctor.
ERR 7	Measurement storage is full. Please contact your doctor.
ERR 8	The measurement was terminated by pressing a button. Repeat the measurement. Press the <b>START</b> button.
ERR 9	Please contact your doctor.
ERR 10	Please contact your doctor.



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