

SHIKON PROUDLY MADE IN INDIA
BLOOD PRESSURE + GLUCOSE MONITOR



MODEL : SK-069
Instruction Manual

Before using this product, read the manual carefully. Always consult a Registered Medical Practitioner with your results.

About Blood Glucose

- ▲ The volume of blood sample must be at least 0.5µl.
- ▲ Hold the blood drop to touch the absorbent hole at the front end of the test strip.
- ▲ Blood sample will be automatically sucked in and after the confirmation window is completely filled, the monitor begins counting down.

NOTE:
 Choose a different spot each time you test. Repeated punctures at the same spot may cause soreness and calluses.

Test Results
 The device displays the blood glucose test results from 27 to 563 mg/dL.

1. If your results is lower than 27 mg/dL, the device will display "Lo". Repeat your test with a new test strip to confirm this reading.
2. If your result is higher than 563 mg/dL, the device will display "HI". Repeat your test with a new test strip to confirm this reading.

Caution for test strip and punctured site:

- ▲ Do not press the punctured site against the test strip or try to smear the blood.
- ▲ Choose a different spot each time you test. Repeated punctures at the same spot may cause soreness and calluses.

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System setup of User, Time and Date function

System setup of User, Time and Date function
User setting:
 Press the "SET" button to turn on the device. The screen will display U1 or U2. Press the "START" button again to change U1 or U2. Press the "START/STOP" button to save the setting.

1. Year setting:
 Press and hold the button SET when power off until the year show on display. The screen will display and flash 20XX. Each time you press "MEM" button, the year will increase by one. You can choose from 2017 to 2050. Press "SET" button to confirm the year and save your setting. It will then enter the month and date setting mode.

2. Month and Date setting:
 The screen will display month and date, and keep flashing on month. Each time you press "MEM" button, the month will increase by one. You can choose from 1 to 12. Press "SET" button to confirm the month. It will then enter the date setting mode. Each time you press "MEM" button, the date will increase by one. The date will keep changing from 01 to 31. Press "SET" button when you confirm the date. It will then enter the time setting mode.

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About Blood Glucose

- ▲ It is recommended that you discard the first drop of blood for accurate results.
- ▲ If blood sample is not applied to the test strip within 3 minutes, the device will turn off automatically. In such case remove and reinvest the test strip to start a new test.
- ▲ The sample channel of the test strip should be filled with blood before the device begins to count down.
- ▲ Never try to add more blood to the test strip if the drop of blood has smeared. Discard the test strip and retest with a new one.

▲ If you have trouble filling the sample channel of the test strip, please contact your healthcare professional or our customer services for assistance.

Safety Precautions:

- Don't allow dust and foreign particles settle into test strip slot as it may affect system accuracy.
- Wash and dry your hands thoroughly before and after handling the device, lancing device and test strips.
- To reduce the chance of infection:**
 -Always use a new, sterile lancet.
 -Never share a lancet or the lancing device. Lancet is for single use only.
 -Ensure no oily, dirty, or debris layer forms on the lancet or lancing device.
 -The device and lancing device should be decontaminated prior to use by next person.

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System setup of User, Time and Date function

3. Time setting:
 The screen will display hour and minute and will keep flashing on the digits of hour. Each time you press "MEM" button, the hour will increase by one. You could choose from 0 to 23. Press "SET" button when you confirm the hour. The digits of minute will then start to flash. Each time you press the "MEM" button, the hour will increase by one. The minute will keep changing from 00 to 59.

4. 12/24 time system setting:
 The screen will display 12 or 24. Press the "MEM" button to change 12 or 24 as you like. Press "SET" button to exit setting mode and save the settings.

Note:
 When you press the "MEM" button for a long time, the value will quickly change during setting process. You can stop the setting anytime when you press the START/STOP button to save the current setting and turn off.

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Introduction

- ▲ Thank you for purchasing SHIKON SK-069 Blood Pressure + Glucose Monitor, a 2-in-1 Combo introduced for the first time in India.
- ▲ The device is intended to measure independently the blood glucose, systolic pressure, diastolic pressure and pulse and to be used by adults only.
- ▲ The device uses the fresh capillary whole blood sample on the test strip. The blood sample reacts with glucose oxidase (GOD) to produce a harmless DC electrical current which is measured, converted into digital reading and blood glucose level is displayed by the monitor.
- ▲ The device uses the oscillometric method of blood pressure measurement. It means the device detects the movement of your blood through your brachial artery and converts your blood pressure into a digital reading.
- ▲ Intelligent inflation reduces the uncomfortable feeling and shortens the measurement time, thereby, prolongs the cuff's usage life.
- ▲ The device stores automatically 99 sets of blood pressure measurement value of two users and each measurement result will be displayed on the screen. The stored data can be read conveniently by pressing the memory button. This device has blood classification index which helps to easily check your blood pressure.
- ▲ This device is not meant to be used by patient suffering from common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation.
- ▲ Do not take any medical decision without consulting your physician.
- ▲ Store this product manual in a cool & dry place.

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About Blood Glucose

WARNING:
 The used lancet and test strip may be potentially bio-hazardous. Please discard them carefully. Wash your hands thoroughly with soap and water after handling the meter, lancing device and test strip to avoid contamination. For more information, please refer to the "Cleaning and Disinfection" section. Test strip, sterile lancet and lancing device can may be purchased separately when exhausted or needed. Ensure you have these items needed for a blood glucose test beforehand. To place order please visit our website www.shikon.co.in or call our Central Helpline +919433046999

NOTE:

If any items are missing from your kit or opened prior to use.

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Battery Installation / Replacement

- Battery Installation**
- 1) Remove the battery cover from the battery compartment.
 - 2) Insert four AAA powerful batteries into the compartment and ensure each battery is in the proper direction.
 - 3) Replace the battery cover.

Low battery and Replacement
 When power on, if the low battery symbol appears on the device, immediately replace the old batteries with new batteries otherwise the unit will stop working. Do not mix the old and new batteries.
CAUTION
 1) Please use 4pcs AAA identical 1.5V alkaline batteries.
 2) Do not use the batteries beyond their expiry date.
 3) Never leave any low battery in the battery compartment and please remove the batteries if you do not need to use the device for long time since it may leak and cause damage to the unit.
 4) Do not touch the live end of the battery and patient simultaneously while changing the batteries.

▲ WARNING
 Dispose of the battery in accordance with all federal, state and local laws. To avoid fire and explosion hazard, do not burn or incinerate the battery.

USB POWER SUPPLY
 This device can use USB as power supply when you don't use batteries. Please insert the USB cable as the picture showed. The optional AC adapter should comply with the requirement of IEC60601-1:2005, the output is DC 5V, 500mA. Please remove all the batteries before using the AC adapter.

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Safety Information

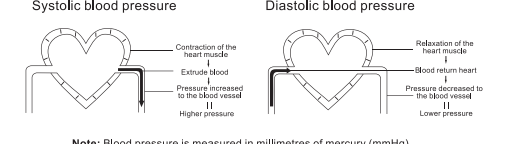
- ▲ To assure the correct use of the device, basic safety measures should always be followed including the precautions listed in the manual.
- ▲ Those suffering from arrhythmia, diabetes, blood circulation or apoplexy problem use as per physician advice. It is also not recommended to use the device on severely hypertensive or patients in shock. Please consult your healthcare professional before use.
- ▲ If the results of blood glucose or symptoms experienced are inconsistent after repeated test then consult the physician immediately.
- ▲ Do not measure blood glucose if you are suffering from dehydration and/or water loss as the device may show incorrect reading.
- ▲ Use only fresh whole blood sample to test blood glucose level in the device.
- ▲ Self-diagnosed results and treatment are dangerous. Contact your physician for specific information about your blood pressure. Follow the instructions of your doctor.
- ▲ The device is intended to be used in measuring blood pressure and pulse for adult only, not recommended for neonatal baby.
- ▲ Operate the device only as intended. Do not modify, use for any other purpose without authorization of the manufacturer.
- ▲ Do not disassemble or attempt to repair the device or components as it will cause the device to function erroneously.
- ▲ The swallowing of small parts like packaging bag, battery, battery cover, wrapping of cuff hose around the neck may cause suffocation.
- ▲ Please don't use a dilution agent, alcohol or petrol to clean the device. Please don't hit heavily or drop the device from a high place.
- ▲ Store this product manual in a cool & dry place.

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About Blood Pressure

1. What is blood pressure?
 Blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries.

The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle. The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.



2. WHO blood pressure classification
 Standards for assessment of high blood pressure, without regard to age, have been established by the World Health Organization (WHO). According to the blood pressure classification by the WHO/ISH, SYS lower than 100mmHg (13.3kPa) is considered as hypotension.

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Troubleshooting

■ If you have trouble using the unit please check the following errors first.

Error Symbol Display	Possible Cause	Solution
E-1	Weak signal. Sudden change in pressure or the cuff pressure exceed 99 mmHg.	Wrap the cuff properly. Remeasure with the correct procedure.
E-2	External strong disturbance	When near cell phone or other high radiant device, the measurement would fail. Remain silent and measure again. Wrap the cuff properly.
E-3	Error appearing during inflation of arm cuff.	Measure again.
E-5	Abnormal blood pressure	Repeat measurement after relaxing for 30mins. If you still get unusual readings for 3 times, please contact your doctor.
	Low battery	Replace all the worn batteries with new ones and measure again.

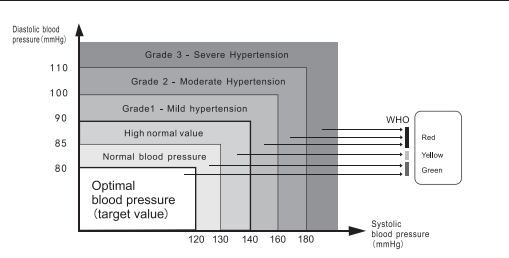
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Safety Information

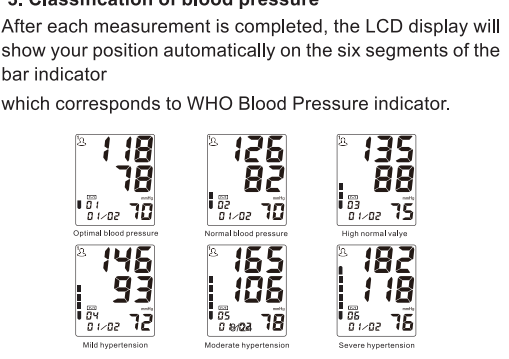
- ▲ Do not use the device where flammable gas (such as anesthetic gas, oxygen or hydrogen) or flammable liquid (such as alcohol) are present.
 - ▲ Do not touch the output of AC adapter (when used) and the patient together. Do not plug or unplug the adapter power cord with wet hands.
 - ▲ Do not use a cellular phone near the device. It may result in operational failure.
 - ▲ Please avoid using in high radiant area in order to make your measuring data correctly.
- Classification**
1. Internally powered equipment;
 2. Type BF applied part;
 3. Protection against ingress of water: IPX0;
 4. Not category AP / APG equipment;
 5. Mode of operation: Continuous operation;
- Symbol Description**
- ▲ WARNING: This alert identifies hazards that may cause serious personal injury or death.
 - ▲ Type BF applied part
 - ▲ Manufacturer
 - ▲ SN Specifies serial number
 - ▲ DISPOSAL: Do not dispose this device as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.
 - ▲ Keep dry
 - ▲ Follow instructions for use
 - ▲ CAUTION: Consult accompanying documents

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About Blood Pressure



3. Classification of blood pressure
 After each measurement is completed, the LCD display will show your position automatically on the six segments of the bar indicator which corresponds to WHO Blood Pressure indicator.



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Troubleshooting

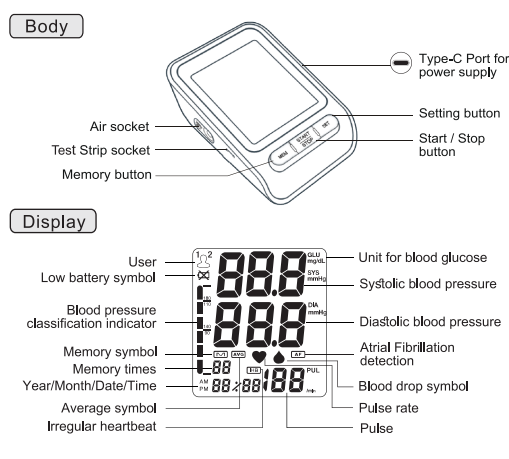
Trouble Removal

Problem	Possible Cause	Solution
No power	Check the battery power. Check the polarity position of the batteries.	Replace with new batteries. Insert and place batteries in the correct polarity direction.
No inflation	Whether the plug is inserted. Whether the plug is broken or leaking.	Insert into the air socket tightly. Replace with a new cuff.
Err and stops working	Check whether arm or body has moved during inflation. Check whether chatting while measurement.	Do not move your arm and body while measurement. Keep quiet and measure again.
Cuff leak	Check whether the cuff is wrapped loosely. Check whether the cuff is broken.	Wrap the cuff tightly. Change to a new cuff.

▲ Please contact our central helpline or local distributor in case you cannot resolve the problem. Do not dismantle the device by yourself.

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Product Structure



Cuff size and connection

The arm cuff is M size for upper-arm circumference 22-36cm use. The cuff is treated as the applied part. Insert the connector with cuff tube into the hole which is on the left side of the device as shown in picture. (Use the accompanied cuff only, do not substitute with another cuff).

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About Blood Pressure

How to use the arm cuff

- 1) Make sure the air plug is inserted properly in the main device.
- 2) Remove all clothes from your upper arm allowing the cuff to fit directly on the skin.
- 3) Pass the end of the cuff through the metal and keep the hose outwards (ignore this step if the cuff has already been prepared).
- 4) Push the cuff over the left upper arm so that the tube points in the direction of the lower arm.
- 5) Wrap the cuff on the arm as illustrated. Make certain that the lower edge of the cuff lies approx. 1 to 2 cm above the elbow and the rubber tube leaves the cuff on the inner side of the arm.
- 6) Tighten the free end of the cuff and close the cuff by affixing the Velcro.
- 7) The cuff should be snug on your upper arm so that you can fit 2 fingers between the cuff and your upper arm. Any piece of clothing restricts the arm which must be taken off.
- 8) Secure the cuff with the Velcro closer in such a way that it lies comfortably and not too tight. Lay your arm on a table (palm upwards) so that the cuff is at the same height as the heart. Do not bend the tube.

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Care and Maintenance

Care
 Keep the device in the storage case when not in use. Clean the device with a soft dry cloth. Do not use any abrasive or volatile cleaners. Never immerse the device or any component in water. Make sure the monitor is off prior to cleaning, a mixture of distilled water and 10 percent bleach could be used. When using a spray bottle, moisten a soft cloth towel with the bleach or detergent mix until it is fully saturated. Squeeze any excess moisture from the cloth to avoid any dripping or potential over saturation of the cuff. Wipe all surfaces of the cuff thoroughly. Make sure to clean the inside and outside of the cuff. Be cautious not to get any moisture in the main device. Use a dry cloth and gently wipe away any excess moisture that may remain on the blood pressure cuff. Lay the cuff flat in an unrolled position and allow the cuff to dry.

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Specifications

Description	Blood Pressure plus Glucose Monitor
Display	LCD Digital Display
Blood Glucose Specification	
Blood Sample	Fresh Capillary Whole Blood
Blood Volume	0.5 µl
Measuring Range	27-563 mg/dL(1.5-31.2 mmol/L)
Blood Pressure Specification	
Measuring principle	Oscillometric method
Measurement localization	Upper arm
Measurement Range	Pressure: 0-299 mmHg (0-39.8kPa) Pulse: 40-199 beats/min
Accuracy	Pressure: ±3mmHg (± 0.4kPa) Pulse: ±5% of reading
Indication	Memory / Average / IHB / AF / Blood Drop Heartbeat / Blood Drop / Low Battery etc.
Liquid Crystal Display	3 digits display
Memory function	2499 sets memory of BP measurement values
Power source	4pcs AAA alkaline battery or Type-C 5V power supply.
Automatic power off	In 2 minutes
Main unit weight	Approx. 183g (batteries not included)
Main unit size	130mm x 95mm x 45mm
Main unit lifetime	10,000 times under normal use
Accessories	Arm Cuff, Lancing device, Sterile Lancet, Test strips, Instruction Manual, One Soft Carry Case
Operating environment	Temperature: 5-40°C Humidity: 15%-90%RH, Air pressure: 80kpa-105kpa
Storage environment	Temperature: -20-55°C, Humidity: 10%-93%RH, avoid crash, sun burn or rain during transportation.
Blood Pressure Indication Range	SYS: 50mmHg-255mmHg, DIA: 30mmHg-200mmHg

Note: The product cannot be operated at an altitude of 2000m.

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About Blood Pressure

Note:
 In case it is not possible to fit the cuff to your left arm it can also be placed on the right arm. However, all measurements should be made using the same arm.

The following effects may be caused while using the arm cuff:

- 1) There may be blood flow interference and resultant harmful injury to the patient caused by continuous cuff pressure due to kinking of connecting tube.
- 2) The application of arm cuff over a wound can cause further injury.
- 3) The application of arm cuff and its pressurization on any limb where intravascular access or therapy or an arterio-venous (A-V) shunt is present could result in injury to the patient due to temporary interference to blood flow.
- 4) The application of arm cuff and its pressurization on the arm on the side of a mastectomy.
- 5) The pressurization of the arm cuff can temporarily cause loss of function of simultaneously used monitoring ME EQUIPMENT on the same limb. In this situation use the right cuff, otherwise it won't work.

Note:

- Only use clinically approved arm cuffs.
- A loose cuff or an exposed bladder causes false reading.
- With repeated measurements, blood starts to accumulate in the arm which can lead to false reading.

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Care and Maintenance

Maintenance

- Do not clean the body and cuff with naptha, thinner or gasoline etc.
- Do not wet the cuff or attempt to clean the cuff with water.
- Store the device in a clean and dry location. Do not subject the device to extreme hot or cold temperature, humidity and direct sunlight.
- Remove the batteries if the unit will not be used for 3 months or longer.

We won't be responsible for any quality problem if you don't care and maintain the product as instructed.

Do not use the device if you see any sign of deterioration for e.g.:
 The device does not turn on
 LCD display cracks or becomes cloudy
 Buttons do not function
 Device outer casing is cracked.
 For any assistance, call our customer helpline.

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About Blood Glucose

Intended Use
 This 2-in-1 device is an aid in the management of diabetes to be used mainly by diabetic patients or healthcare professionals. It is used for quantitative measurement of the blood glucose levels outside the body (in vitro diagnostic use) and not intended for use on neonates or arterial blood.

Test Principle
 It uses glucose oxidase (GOD) on the test strip and a harmless DC electrical current is produced. This current is measured and the consequent blood glucose result is displayed on the large screen of the device.

Special Features

- This device is designed for home usage by adults only.
- Fast result with only 0.5 µl blood sample.
- Large screen display with accurate results.
- The unit of measurement is mg/dL.

NOTE:

If any items are missing from your kit or opened prior to use, Fresh capillary whole blood has to be dropped here

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About Blood Pressure

Blood pressure measurements should be repeated after gap of 1-2 mins or after the arm has been lifted up in order to allow the accumulated blood to flow away.

To measure blood pressure accurately

- Please remain silent for 5-10 minutes. Avoid eating, drinking alcohol, smoking, exercising and bathing before taking the measurement as all these factors will influence the measurement result.
- Remove any garment that fits closely to your upper arm.
- Always measure on the same arm (normally left).
- Take measurement regularly at the same time of the day, as blood pressure changes even during the day.
- Please maintain the posture of: legs uncrossed, feet flat on the floor, back and arm supported while normally using the product.

Common factors responsible for error in measurement

- Any efforts made by the patient to support their arm can raise the blood pressure.
- Ensure that you are in a comfortable, relax position. Do not make any arm movement during measurement. Use a cushion for support, if necessary.
- If the position of the arm artery is below or above the heart level, a false reading will be obtained.
- With repeated measurements, blood starts to accumulate in the arm which can lead to false reading.

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Warranty Information

Statement
 The intended use: the unit is intended to be used by adults at home or medical center to measure blood glucose, blood pressure and pulse rate from the upper arm. Warning against servicing and maintenance while the medical equipment is in use. The unit satisfies the requirements of EN ISO 81060-1:2012 and EN 1060-3:1997 +A2:2009 Non-invasive sphygmomanometers. Blood pressure measurements determined with this device are equivalent to those obtained by trained observer using the cuff/stethoscope auscultatory method, within the limits prescribed by the American National Standard, manual, electronic, or automated sphygmomanometers. The risk of patient and user can be lowered to acceptable level. Substitution of a cuff different from that supplied might result in measurement error. Specifications are subject to change without notice due to improvement in performance.

Warranty Information
 The device carries a warranty for two years against any manufacturing defect as per Co's policy.

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About Blood Glucose

1. Absorbent Hole : Fresh capillary whole blood has to be dropped here. The blood will be here. The blood will be automatically absorbed.
2. Sample Channel : This is where you test strip into the device. Push it in as firmly until it will go no further.
3. Test Strip Handle : Hold this part to insert the test strip into the slot.
4. Contact Bars : Insert this end of the test strip into the device. Push it in as firmly until it will go no further.

ATTENTION :
 The front side of test strip should face up when inserting test strip. Test results might be wrong if the contact bar is not fully inserted into the test slot.

NOTE:
 The device should only be used with Shikon Test Strips. Using other test strips with this device may produce inaccurate results.

Preparation for Testing Preparing the Lancet Device

- ▲ Unscrew the tip of the lancing device by turning it anti-clockwise.
- ▲ While holding the lancet carrier, insert a new sterile lancet into the bottom of lancet carrier

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About Blood Pressure

How to measure blood pressure

- 1) Set the arm cuff in proper position as directed in the previous section "How to use the arm cuff". Press the START/STOP button. All display symbols appear on the screen for 2 seconds then "0" will display.
- 2) The cuff starts inflating automatically displaying the rising pressure on the screen. In case the desired pressure is not detected, the device will automatically re-inflate to a higher pressure.
- 3) When the device detects the pulse, the heart symbol on the display screen will flash.
- 4) When the measurement is completed, the systolic, diastolic and pulse rate will appear on the display screen.
- 5) The measurement readings remain on the display until you switch off the device. If no button is pressed for a period of 2 mins, the device switches off itself in order.

Note:

The symbol will be displayed along with the reading if irregular heartbeat is detected during the measurement.

To discontinue the ongoing measurement

When it is necessary to interrupt the blood pressure measurement for any reason (eg. the patient feels unwell) press the START/STOP button. The device will automatically decrease the arm cuff pressure.

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Warranty Information