



DIGITAL BLOOD PRESSURE MONITOR

GN-BPM-L300

USER MANUAL

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Product Description

The Digital Blood Pressure Monitor (GN-BPM-L300) is an automatic digital blood pressure monitor designed to measure systolic pressure, diastolic pressure, and pulse rate quickly and accurately. It features a clear 2-inch digital display and three function buttons—START/STOP, SET, and MEM. The device allows settings to be personalized for two users and the date and time to be configured easily. The MEM button stores and recalls previous measurement records, making it easy to track blood pressure readings.

Intended Use

The GN-BPM-L300 is intended to facilitate independent monitoring of blood pressure and pulse rate to support early detection of health fluctuations.

Scope of Use

For use by healthcare professionals in clinics and healthcare facilities, and by individuals.

1. SAFETY REMINDER



Warning: Indicates a potentially hazardous situation which, if not avoided, may result in serious injury

(General Safety Warning)

- Do not modify this product without the manufacturer's approval
- Do not adjust medication based on readings from this blood pressure monitor. Take medication as prescribed by your doctor. Only a qualified physician may diagnose and treat high blood pressure
- Do not use this monitor on an injured arm or an arm receiving medical treatment
- Do not wrap the cuff around an arm receiving an infusion or blood transfusion
- Do not use this product together with other electromedical equipment, as this may cause operating errors and/or inaccurate readings
- Do not use this product near HF surgical equipment, MRI or CT scanners, or in oxygen-rich environments. This may cause incorrect operation and/or inaccurate readings



Keep the storage and operating environment clean

After-Sales Service

To ensure safe and efficient operation of the Digital Blood Pressure Monitor, routine maintenance and calibration are required. If the device develops a problem, do not attempt to repair it. Contact our service center:

PT ASTRA KOMPONEN INDONESIA

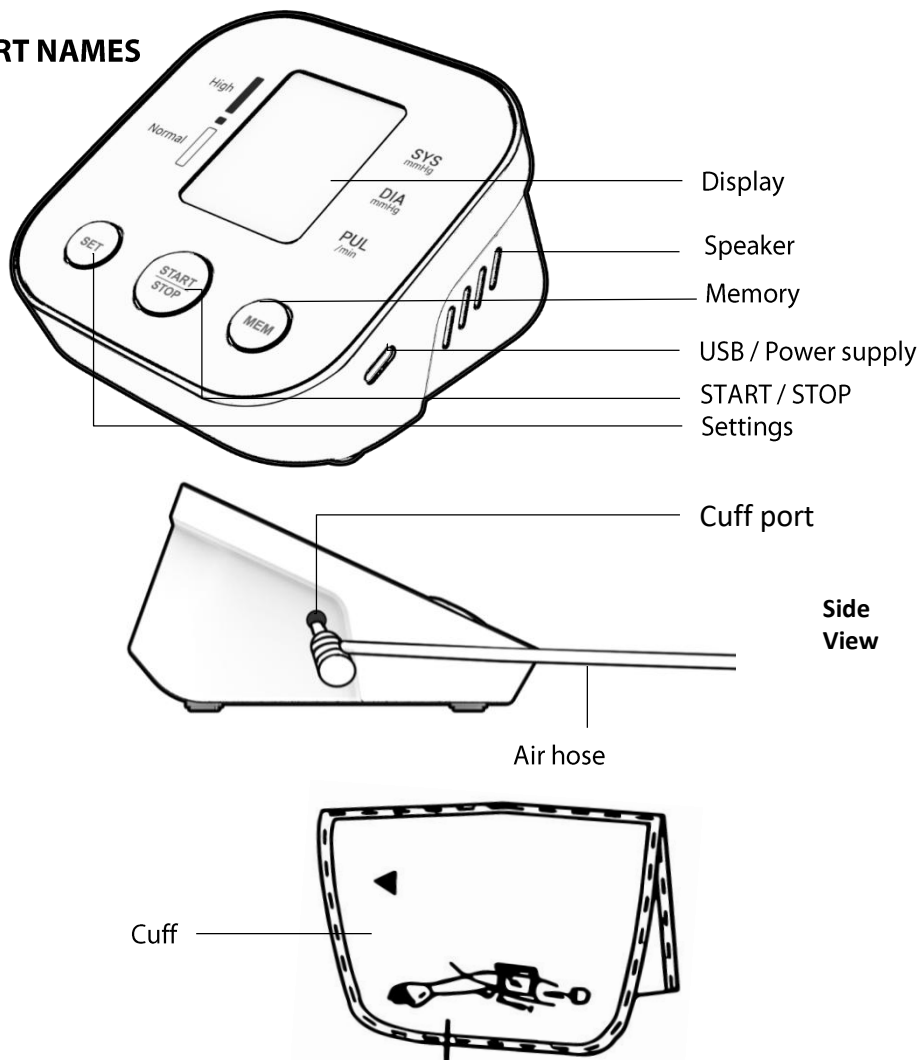
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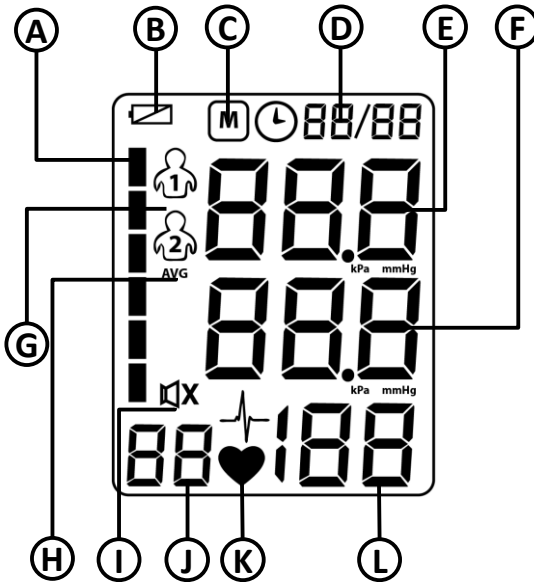
Do Not Disassemble

Do not disassemble, repair, or modify the device yourself, as this may cause electric sparks or other hazards.

2. PART NAMES



3. DISPLAY



A. Blood pressure indicator

B. Low-battery indicator

C. Memory icon

D. Time indicator

E. Systolic pressure

F. Diastolic pressure

G. User profile

H. Average value indicator

I. Sound icon

(no icon when the sound function is off)

J. Memory sequence

K. Heartbeat icon

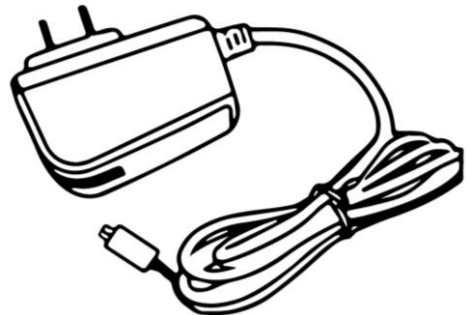
L. Pulse rate display

Recommended AC Adapter :

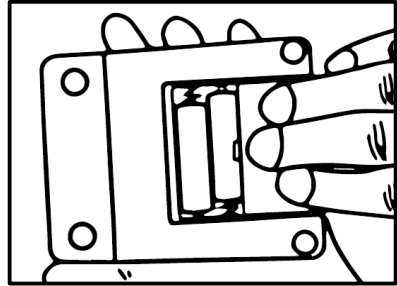
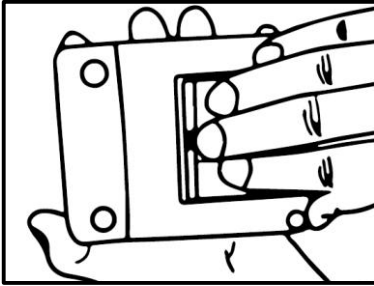
AC Adapter with Type-C Connector

Input : AC 90–260 V

Output : 5 V, 1 A



4. BATTERY INSTALLATION

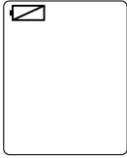


1. Turn the device over and push the clip on the bottom upward to open the cover
2. Make sure the batteries match the $+/-$ polarity markings, then insert them
3. Close the cover



CAUTION

- Be sure to follow this user manual
- Install the batteries correctly after checking the $+/-$ polarity
- Remove the batteries immediately when their power is low
- Remove the batteries if the device will not be used for a long time
- Use the batteries within their specified service life. Failure to follow the instructions above may cause the batteries to overheat, rupture, or leak, resulting in hazards



Low-Battery Indication

During measurement, the display appears as shown on the left. Press “START/STOP” to display all icons (flashing). Press “START/STOP” again and nothing will be displayed.

A. Using and Maintaining the Batteries

- One new set of AAA batteries can be used for approximately 500 measurements. Battery life will be shorter when used at temperatures below 10°C
- Use AAA batteries
- When replacing the batteries, use the same type and replace all four batteries at the same time
- Remove the batteries if the device will not be used for a long period to avoid malfunction caused by battery leakage. Do not dispose of used batteries improperly; follow local environmental regulations.

B. Using the Adapter

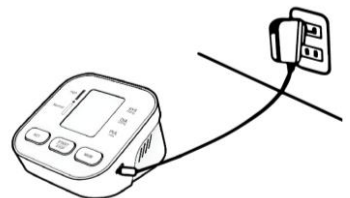


CAUTION

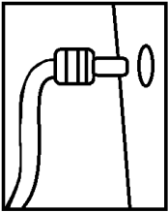
Be sure to use a stable AC power supply. Otherwise, the product may malfunction or become damaged

1. Connect the adapter securely to an AC mains outlet
2. Connect the Type-C connector to the Type-C port on the right side of the product

AC 90-260V

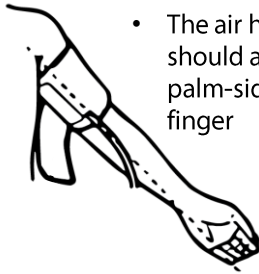


5. HOW TO USE THE CUFF



1. Insert the air hose connector into the air port on the left side of the product

(When measuring on the left arm)



- The air hose outlet should align with the palm-side of the little finger

2. Wrap the cuff around the upper arm, then secure it with the hook-and-loop fastener

The cuff can be used on either the right or left arm, but the measurement results may differ. Use the cuff on the same arm each time you take a measurement

(When measuring on the right arm)



3. Fasten the cuff securely

Do not fasten the cuff too tightly or roll up clothing, as this may affect measurement accuracy

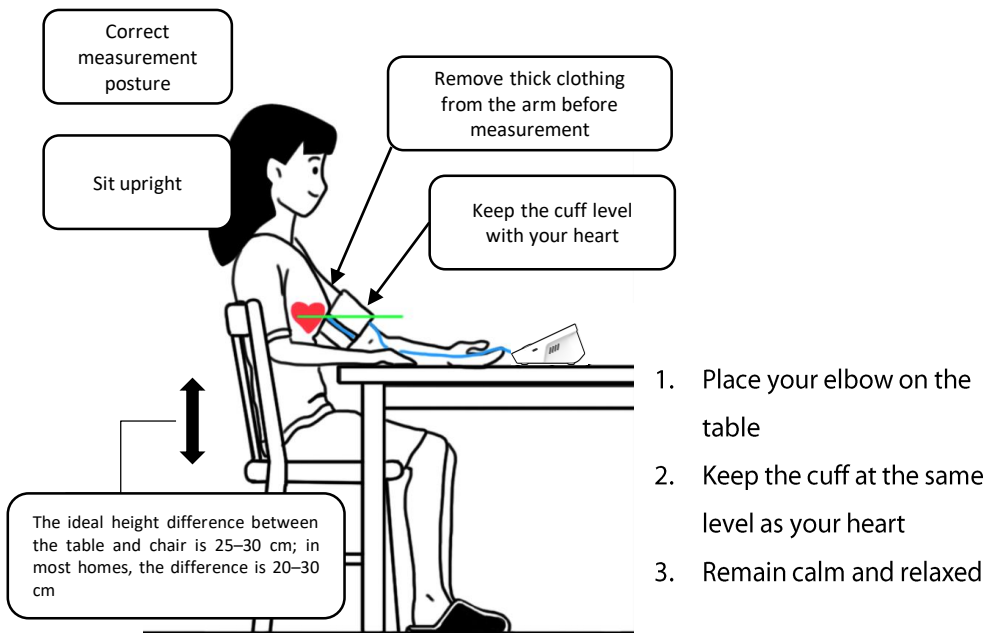


WARNING

- Taking blood pressure measurements too frequently may temporarily interfere with blood flow and could injure the patient.
- Do not apply the cuff to an arm used for intravascular access or infusion therapy, or to an arm with an arteriovenous (A-V) fistula or shunt, as this may interfere with blood flow and injure the patient.
- Do not apply the cuff to the arm on the side of a mastectomy unless instructed by an authorized healthcare professional.
- Using the cuff on the same arm as other electromedical equipment may interfere with that equipment or affect the measurement results.
- During repeated use or long-term periodic monitoring, check the condition of the arm to ensure that prolonged impairment of blood circulation does not occur.

6. HOW TO TAKE A MANUAL MEASUREMENT

Take the measurement when you are calm and relaxed



Measure at the same time, on the same arm, and under the same conditions each day

- The cuff position may affect the measurement result
- It is recommended to measure your baseline blood pressure after waking in the morning and before needing to urinate. If this is not possible, measure before smoking or exercising
- Do not touch the device, cuff, or air hose
- Remain still and relaxed during measurement
- Remain still for at least 5 minutes before measurement
- Relax your body, arm, and fingers; avoid muscle activity
- Do not speak during measurement
- If you need to measure twice in succession, take the second measurement 4 to 5 minutes after the first. Do not take the second measurement immediately after the first

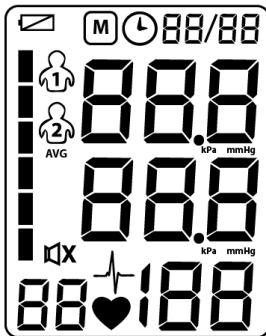
7. INCORRECT MEASUREMENT POSTURE

Incorrect Body Posture



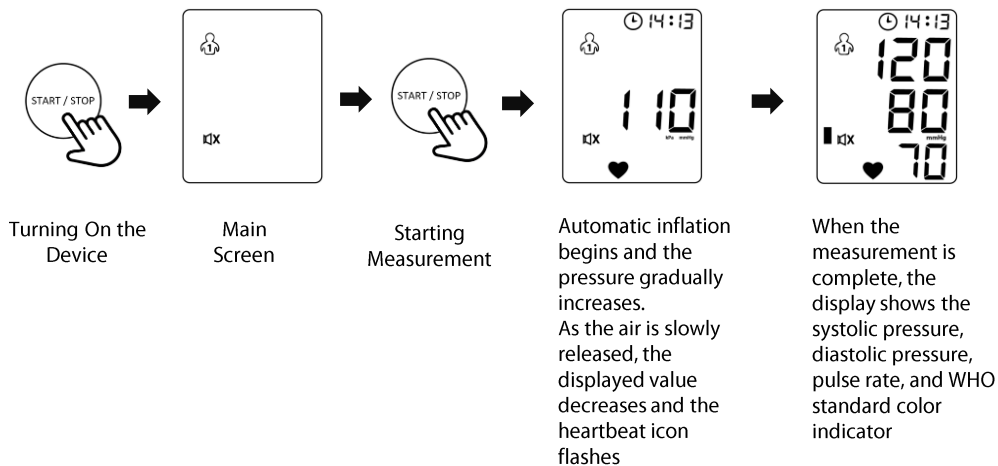
- Sitting with your legs crossed during measurement
- Slouching or leaning forward
- Sitting on a sofa or low chair that causes you to slouch
- Measuring at a table with a height difference of less than 20 cm from the chair, causing you to slouch

8. MEASUREMENT METHOD



Automatic Measurement

1. Press "START/STOP" to turn on the device.
2. Press the button again to start the measurement automatically.
3. Do not move or speak during measurement.
4. The displayed unit can be set to mmHg or kPa in Settings mode (see page 11).
5. The product will announce the result and provide an audible alert if the sound function is enabled (see page 11).
6. Press "START/STOP" to turn off the device

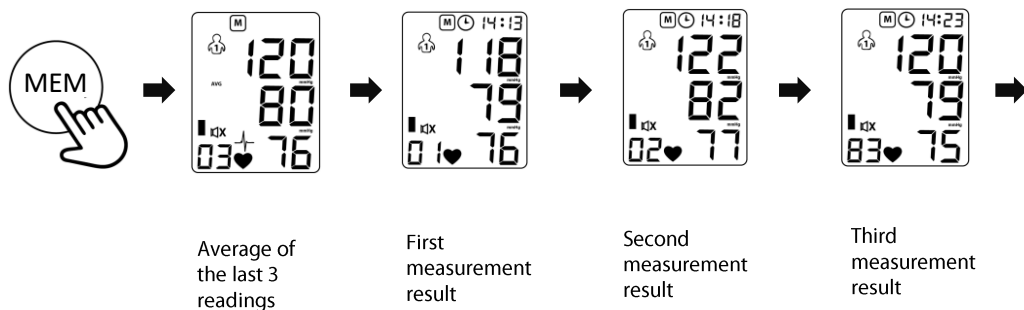


A. Storing Measurement Results

The product can store 99 measurement records for each user. After each measurement, the blood pressure monitor automatically stores the result. When the memory is full, the oldest record is overwritten by the new record.

Viewing Measurement Results

Press “MEM” in sleep mode. The first display shows the average of the last three measurements. Press “MEM” repeatedly to view individual measurement records.



B. Clearing the Memory

Press "SET" to select a user, then press and hold "MEM" to delete all data stored in that user's memory.

- Press "MEM" in sleep mode to view previous measurement records on the display.
- Sleep mode is when the product is powered or connected to power but the display is blank.

9. SETTINGS

A. User and Time Settings

1) User Profile Selection

Press "SET" in sleep mode. The display shows a user icon; press "SET" again to switch between users. The selected user is the user whose icon was displayed last.  

2) Time Settings

Press and hold "SET" until the year indicator in the upper-right corner  **BB/BB** flashes. Press "MEM" to set the year, then press "SET" to move to the month setting. Press "MEM" to set the date, then press "SET" to move to the hour setting. Press "MEM" to set the hour, then press "SET" to move to the minute setting. Press "START/STOP" to save the time setting. The time will be confirmed as the default system time if it is not set.

B. Unit and Sound Settings

1) Unit Setting

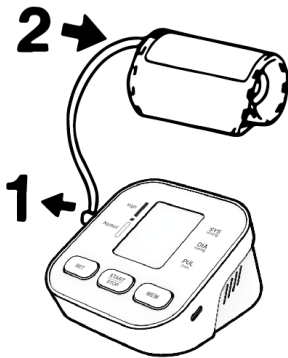
Press and hold "SET" until the year indicator flashes. Press "SET" repeatedly until "0" appears on the diastolic row. Press "MEM" to switch the unit between mmHg and kPa. Press "START/STOP" to save the change.

2) Sound Setting

Press and hold "SET" until the year indicator flashes. Press "SET" repeatedly until "SP" appears on the systolic row. Press "MEM" to turn the sound function "ON" or "OFF." Press "START/STOP" to save the setting.

- Sleep mode is when the product is powered or connected to power but the display is blank.

10. MAINTENANCE INSTRUCTIONS (AFTER USE)



1. Disconnect the air hose from the product.
2. Roll the cuff gently and place the hose inside it.
 - Do not wind the air hose around the monitor.
 - Do not stretch or bend it; this may cause malfunction.
3. Before cleaning, turn off and unplug the device. Wipe the device and cuff with a damp soft cloth, then dry completely before reuse.
4. Only the manufacturer may perform calibration. Contact after-sales service (see page 1).

Device Cleaning

- To clean the outside of the device, wipe it with a cloth dampened with tap water or a mild cleaning agent, then dry it with a soft, dry cloth. Do not rinse with water.
- DO NOT use organic solvents to clean the device

Device Storage

- Storage conditions: -20°C to 60°C (-4°F to 140°F), 10% to 93% relative humidity (non-condensing).
- Always store or transport the device in its original storage case.
- Prevent the device from falling or receiving heavy impacts.
- Avoid direct sunlight and high humidity.

Device Disposal

A used device must be treated as contaminated equipment that may present a risk of infection from use. Remove the batteries from the used device and dispose of the device in accordance with local regulations.



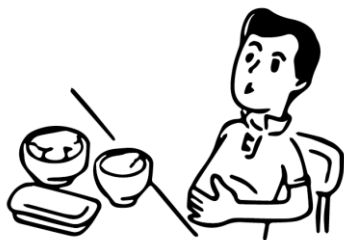
CAUTION

Be sure to calibrate this product periodically to maintain the accuracy of the device readings.

11. OTHER INFORMATION

Blood pressure readings may be inaccurate under the following conditions:

Within one hour after eating or drinking



After drinking coffee or black tea, or smoking



After exercising or bathing



Measure 20 minutes after exercising or bathing

In a moving vehicle



In cold conditions



Measure at a room temperature of approximately 27°C

When you need to urinate

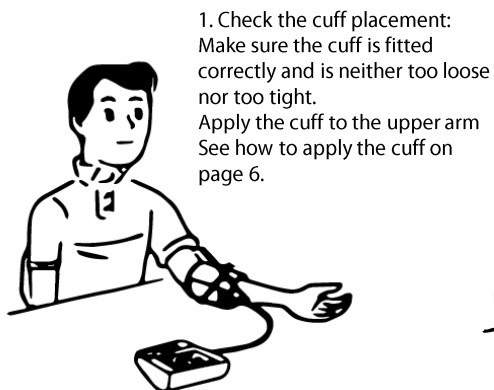


Measure a few minutes after using the toilet

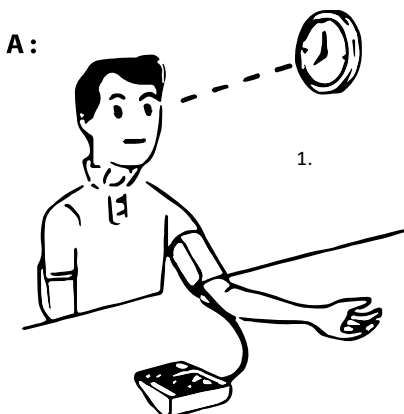
12. Q&A

Q	How much can blood pressure differ between measurements taken at home and at a hospital?
A	Blood pressure can vary over time and is affected by climate, emotions, and exercise. In hospitals, a phenomenon known as white coat hypertension may occur, in which the measured blood pressure is higher than at home because of the patient's anxiety and discomfort

If your blood pressure reading at home is higher than at the hospital, follow the tips below



Q: Why does blood pressure vary each time?



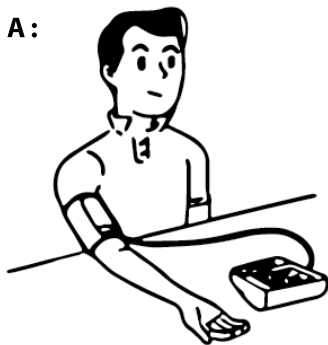
1. Blood pressure can change at any time due to factors such as cuff placement, measurement posture, movement during measurement, and physical condition. Take each measurement under the same conditions.

2. People taking antihypertensive medication may experience considerable variations in blood pressure.

3. If you need to measure twice in succession, take the second measurement 4 to 5 minutes after the first. Do not take the second measurement immediately after the first.

Q: Is blood pressure the same in the right and left arms?

A:



Measurements can be taken on either the right or left arm, but the results may differ. Use the same arm each time you take a measurement.

13. OTHER ERROR PREVENTION

Do not drop the product or subject it to heavy impacts or shocks, as this may cause malfunction.  Ignoring this warning may cause malfunction	Do not use the product immediately after exposure to 0°C. Allow it to acclimatize for at least 1 hour before use to prevent loss of pressurization capability.  Use at low temperatures may prevent the product from pressurizing	Do not allow dust or foreign objects to enter, as this may cause malfunction.  Ignoring this warning may cause malfunction
Use a cloth dampened with warm water or soapy water to wipe away dirt. Do not use alcohol-based cleaners, as they may damage or discolor the product.  Ignoring this warning may cause cracking or discoloration	Do not store the product at high temperatures, in humid conditions, or in direct sunlight, as this may cause malfunction.  Ignoring this warning may cause malfunction	Do not wash the cuff, as this may cause malfunction.  Ignoring this warning may cause malfunction

14. TROUBLESHOOTING

LCD error messages and corresponding causes

"Er 1"	Inflation failed because the time or pressure was outside the required range, or the pressure dropped suddenly
"Er 2"	The indicator  flashes irregularly
"Er 3"	The result is extremely high or low
"Er P"	No pressure was detected after several seconds

Still abnormal

Symptom	Possible Cause
The cuff fails to inflate because inflation exceeds 10 seconds while the pressure remains below 20 mmHg, inflation exceeds 60 seconds, or the pressure suddenly drops during inflation	The cuff is too loose or there is an air leak. Check the cuff, reapply it, and measure again. (See page 6)
The measurement takes too long and the blood pressure is very high	The cuff is too tight or the air passage is blocked. Check the cuff, reapply it, and measure again. (See page 6)
The measured blood pressure varies each time	-Minor emotional changes occur before the physician reads the result; measure again after 4 to 5 minutes. (See page 9) -The wrist cuff position is too low -The cuff is positioned incorrectly -The cuff is positioned too high -You moved or spoke during measurement
The blood pressure differs from the physician's measurement	
OTHER PROBLEM SYMPTOMS	
No display after pressing START/STOP	The battery +/- polarity is incorrect • Low battery power (see pages 4–6) • The batteries are depleted
The display disappears after pressing Start, or the battery icon appears	
When the device malfunctions	Do not attempt to repair the device yourself; contact our customer service

Still abnormal

Consult your physician

SYMBOL INFORMATION

SYMBOL	REFERENCE
	Manufacturer
	User manual
	Refer to the user manual
	Dispose of this device in accordance with local regulations
	General warning
	Temperature limit
	Humidity limit
	Liquid ingress protection level

16. SPECIFICATIONS

Brand	GRIN
Product Name	DIGITAL BLOOD PRESSURE MONITOR
Product Code	GN-BPM-L300
Dimensions (L×W×H)	99 x 94 x 55 mm
Display	2-inch digital LCD
Measurement Method	Oscillometric
Measurement Range	Pressure: 20–280 mmHg
	Pulse rate: 40–160 bpm
Accuracy	Pressure: ± 3 mmHg
	Pulse rate: $\pm 5\%$
Power Supply	4× AAA batteries or Type-C (DC 5 V)
Cuff Size	22 – 36 cm
Product Weight	± 0.2 kg
Data Storage	99 sets for 2 users
Features	Low-battery indicator
	Pressure above 295 is released automatically
	Automatic power-off after 1 minute of inactivity
	No sound
WHO Color	Classification level (without color)
Units	mmHg & kPa
Connectivity	None
Normal Operating Environment	Temperature: 5°C to 40°C; Humidity: 15% to 85% RH
Storage and Transport Environment	Temperature: –20°C to +55°C; Humidity: 93% RH
Atmospheric Pressure	80 kPa – 105 kPa

Note: Upon request, the manufacturer will provide circuit diagrams, component lists, descriptions, calibration instructions, or other information to help service personnel repair parts of the electromedical equipment designated by the manufacturer as repairable by service personnel



www.grin.co.id

Manufactured by: PT ASTRA KOMPONEN INDONESIA
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