

## 初次绑定 Binding Process

### 1. 在应用商店中搜索“Comper 健康”或直接访问

[www.comper.com/cn/App](http://www.comper.com/cn/App) 下载 App

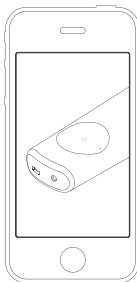
Download the Comper Health app from App Store or Google Play. The app can also be downloaded by going directly to [www.comper.com/en/App](http://www.comper.com/en/App).



Comper Health

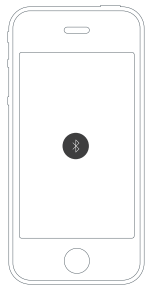
### 2. 注册账户，选择胎心仪

Sign up, choose smart fetal monitor



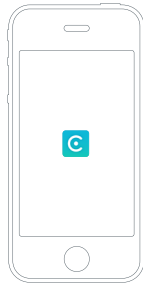
### 3. 确保移动端蓝牙处于开启状态

Keep the Bluetooth of your mobile device on.



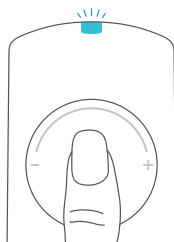
### 5. 按照 App 提示完成设备绑定

Follow the in-app prompts to connect.



### 4. 长按开关键启动胎心仪

Hold the ON/OFF button to turn on your smart fetal monitor.



## 结合 App 测量胎心 With App Mode

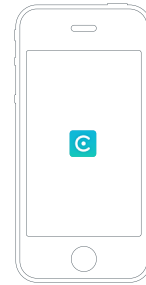
### 1. 在安静的环境下半躺或平躺放松

Lie on back and relax in a quiet environment.



### 2. 启动胎心仪，进入 App，点击“测胎心”

Turn on your smart fetal monitor, launch the App, click "Fetal heart test"



### 3. 按 App 提示进行胎心监测，胎儿的心率会实时显示在手机屏幕上，自动生成胎心曲线，并与胎心音一起被记录下来，您可以随时查看、回播与分享

Follow the in-app guide to monitor your baby's fetal heartbeat rate (FHR), the FHR will be displayed on App in real time, and the FHR wave will be automatically generated and saved together with the FHR tone, you can view, replay and share them at any time.



胎心  
FHR



胎动  
Fetal  
Movement



曲线  
FHR  
Curve



记录回放  
Record  
Replay



记录分享  
Record  
Share



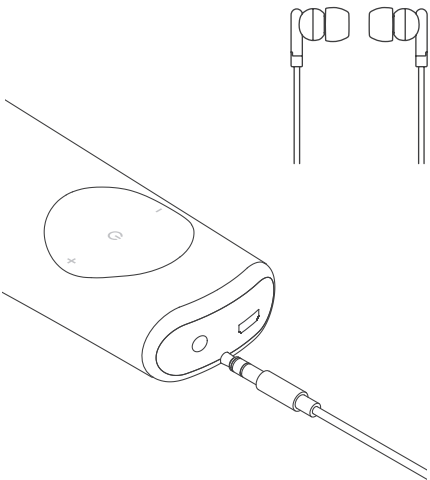
ComperHealthcare

有任何产品或健康问题，请搜索并添加微信公众号“ComperHealthcare”获取实时帮助

## 单独使用胎心仪测量胎心 Stand-alone Mode

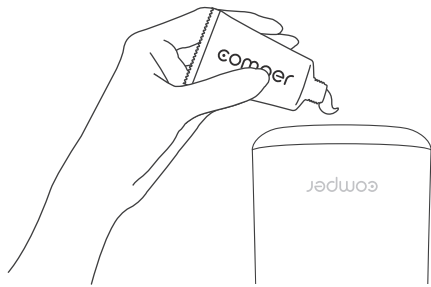
### 1. 启动胎心仪, 插上并带好耳机, 调节音量至适当

Insert and wear the earphones, adjust the volume control to your preferred level.



### 2. 将适量耦合剂均匀涂抹在探头面上

Apply a certain amount of doppler gel to the probe face.



**注:** 如果凝胶开始变干或涂抹太薄, 将导致探针和皮肤之间出现气隙影响监测, 请重新涂抹更多凝胶。

**Note:** Re-apply more gel if it starts to dry out or spread so thinly that an air gap occurs between the probe and the skin.

### 3. 在胎儿位置范围内, 紧贴腹壁! 缓慢移动胎心仪至呼吸灯持续闪烁并听到清晰且有节奏的胎心音

Place the Doppler close against to abdomen skin, move the probe slowly until hear a continuous thumping sound "boom-boom-boom" from the headphone.

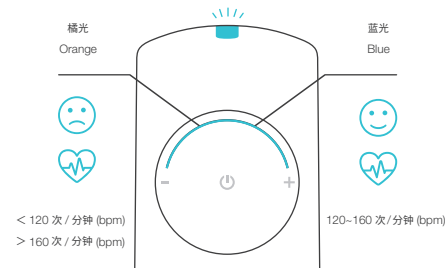


不同孕周胎心大致位置

Fetal heart position in different gestational week

### 4. 观察弧形状态灯颜色, 顶部的白色呼吸灯会以胎心率的节奏同步闪烁

Check the color of the indication light



## 常见问题 FAQ

### 1. 什么时间可以开始使用 Comper 胎心仪?

Comper 胎心仪经过严格测试, 最早可以在 12 周使用。然而, 由于孕期生理差, 如胎儿大小、胎盘位置等, 在某些情况下, 将较难定位胎儿心跳位置且难以保持监测的稳定。随着孕期进展, 接近 18 周时, 设备将变得更容易使用。

### When can I start using Comper Doppler?

Comper Doppler has gone through rigorous testing and can be used as early as week 12. Due to several physiological aspects of the pregnancy however, such as baby size, placenta position and others, it can in some cases, be challenging to locate the baby's heartbeat and more difficult to maintain stability. As the pregnancy progresses, and towards week 18 the device becomes easier to use.

### 2. 如何更好的寻找胎心?

最简单快捷的方法: 参考医生最近听的胎心位置, 在这个位置附近点压探头慢慢寻找。  
在胎儿位置范围内, 小幅度 (1cm 左右) 的移动探头, 每个选定位置停留 2-3s, 不要摇晃或倾斜胎心仪。频繁的移动探头将不易找到胎心。

### How to find the best fetal heart signal?

The easiest way: refer to the fetal heart position monitored by the doctor recently, move the Doppler around that position slowly until the best fetal heart signal is found. Move the probe within small range, take your time and hold the Doppler steady for 2s-3s on each position without shaking or tilting. It will be not easy to find the fetal heart if moving the probe frequently.

### 3. 移动和说话会影响胎心测量吗?

Comper 胎心仪是一个非常敏感的设备, 每一个背景噪音或运动可能会中断胎儿的心跳信号的输入。请在监测过程中尽量减少动作、不要说话。

### Why does moving and talking interrupt monitoring?

Comper Doppler is a very sensitive device, so every background noise or movement might interrupt with the fetal heartbeat signal input. Make sure to minimize movements and refrain from talking during the measurement.

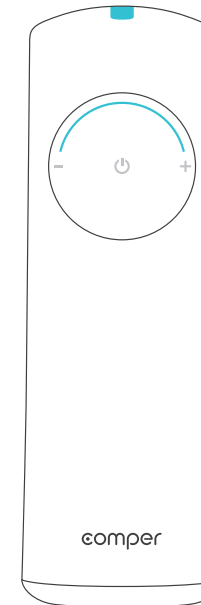
### 4. 为什么测量胎心率总是断断续续?

测量中胎儿的运动、睡眠和其他活动都会引起胎心率的波动, 在孕早中期, 胎儿胎动将会引起测量断断续续, 甚至导致信号中断。随着孕期进展, 这些影响将减弱, 测量过程将更持续。

### Why is the measurement intermittent?

Your baby's movement, sleeping, and other activities can cause normal FHR variation. Fetal movement in the early and middle pregnancy will disturb the signal and make the measurement intermittent and even interrupted. These effects will fade as pregnancy progresses and the measurement will be more continuous.

## 快速操作手册 Quick Start Guide



Smart Doppler Fetal Monitor