

Automatic Upper Arm Blood Pressure Monitor

M2 (HEM-7143-E)

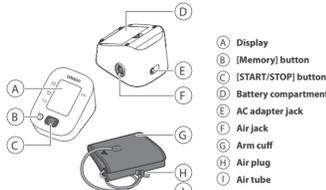
English

Read Instruction manual **1** and **2** before use. For symbols information, refer to "Symbols Description" on the back side of the another "Instruction manual **1**".

All for Healthcare



IMI-HEM-7143-E-01-10-2020 5674676-0A



Introduction

Thank you for purchasing the M2 Automatic Upper Arm Blood Pressure Monitor. This blood pressure monitor uses the sphygmometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

Safety Instructions

This instruction manual provides you with important information about the M2 Automatic Upper Arm Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. If you do not understand these instructions or have any questions, contact your OMRON retail outlet or distributor before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.

Intended Use

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population. This monitor detects the appearance of irregular heartbeats during measurement and indicates this via a symbol with readings. It is mainly designed for general household use.

Receiving and Inspection

Remove this monitor from the packaging and inspect for damage. If this monitor is damaged, DO NOT USE and consult with your OMRON retail outlet or distributor.

Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor. Follow this instruction manual thoroughly for your safety. Keep for future reference. For specific information about your own blood pressure, CONSULT WITH YOUR PHYSICIAN.

**Warning** Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.
- DO NOT adjust medication based on readings from this blood pressure monitor. Take medication as prescribed by your physician. ONLY a physician is qualified to diagnose and treat high blood pressure.
- DO NOT use this monitor on an injured arm or an arm under medical treatment.
- DO NOT use the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT use this monitor in oxygen rich environments or near flammable gas.
- Consult with your physician before using this monitor if you have any common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- To help avoid strangulation, keep the air tube and AC adapter cable away from infants, toddlers and children.
- This product contains small parts that may cause a choking hazard if swallowed by infants, toddlers and children.

AC Adapter (optional accessory) Handling and Usage

- DO NOT use the AC adapter if this monitor or the AC adapter cable is damaged. If this monitor or the cable is damaged, turn off the power and unplug the AC adapter immediately.
- Plug the AC adapter into the appropriate voltage outlet. DO NOT use in a multi-outlet plug.
- NEVER plug in or unplug the AC adapter from the electric outlet with wet hands.
- DO NOT disassemble or attempt to repair the AC adapter.

Battery Handling and Usage

- Keep batteries out of the reach of infants, toddlers and children.

**Caution** Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient, or cause damage to the equipment or other property.

- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.
- Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arteriovenous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury.
- Consult with your physician before using this monitor if you have had a mastectomy.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- DO NOT take measurements more often than necessary because bruising, due to blood flow interference, may occur.
- ONLY inflate the arm cuff when it is applied on your upper arm.
- Remove the arm cuff if it does not start deflating during a measurement.
- DO NOT use this monitor for any purpose other than measuring blood pressure.
- During measurement, make sure that no mobile device or any other electrical device that emit electromagnetic fields is within 30 cm of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car or on an aircraft.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- DO NOT use this monitor in places with high or low humidity or high or low temperatures. Refer to section 3.
- During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.
- DO NOT use this monitor in high-use environments such as medical clinics or physician offices.
- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the devices and/or cause an inaccurate reading.
- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Remove tight fitting or thick clothing from your arm while taking a measurement.
- Remain still and DO NOT talk while taking a measurement.
- ONLY use the arm cuff on persons whose arm circumference is within the specified range of the cuff.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading. OMRON recommends waiting for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information on operating and storage/transport temperature, refer to section 3.
- Remain still and do not talk during a measurement. If "E2" appears repeatedly, the arm cuff is inflated sufficiently.
- Due to the systolic pressure is above 210 mmHg, a measurement cannot be taken.
- You move or talk during a measurement and the arm cuff does not inflate.
- The arm cuff is not applied correctly.
- The arm cuff is not inflated exceeding the maximum allowable pressure.
- You move or talk during a measurement. Vibrations disrupt a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Remove tight fitting or thick clothing from your arm while taking a measurement.
- Remain still and DO NOT talk while taking a measurement.
- ONLY use the arm cuff on persons whose arm circumference is within the specified range of the cuff.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading. OMRON recommends waiting for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information on operating and storage/transport temperature, refer to section 3.
- DO NOT use this monitor after the durable period has ended. Refer to section 3.
- DO NOT create the arm cuff or the air tube excessively.
- DO NOT fold or kink the air tube while taking a measurement. This may cause an injury by interrupting blood flow.
- To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.

1. Error Messages and Troubleshooting

If any of the below problems occur during measurement, check to make sure that no other electrical device is within 30 cm. If the problem persists, please refer to the table below.

Display/Problem	Possible Cause	Solution
<b>E1</b> appears or the arm cuff does not inflate.	The air plug is not completely plugged into the monitor.	Insert the air plug securely.
The arm cuff is not applied correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual <b>2</b> .	
The arm is leaking from the arm cuff.	Replace the arm cuff to the new one. Refer to section 10 of instruction manual <b>2</b> .	
You move or talk during a measurement and the arm cuff does not inflate.	Remain still and do not talk during a measurement. If "E2" appears repeatedly, the arm cuff is inflated sufficiently.	
Due to the systolic pressure is above 210 mmHg, a measurement cannot be completed after the arm cuff inflates.	Due to the systolic pressure is above 210 mmHg, a measurement cannot be taken.	
The arm cuff is inflated exceeding the maximum allowable pressure.	Do not touch the arm cuff and/or bend the air tube while taking a measurement. If inflating the arm cuff manually, refer to section 6 of instruction manual <b>2</b> .	
You move or talk during a measurement. Vibrations disrupt a measurement.	Remain still and do not talk during a measurement.	
<b>E3</b> appears	The pulse rate is not detected correctly.	
<b>E4</b> appears	You move or talk during a measurement. Vibrations disrupt a measurement.	Rest for at least 5 minutes before taking a measurement.
<b>E5</b> appears	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual <b>2</b> .	
<b>E6</b> appears	The pulse rate is not detected correctly.	
does not flash during a measurement	Remove tight fitting or thick clothing from your arm while taking a measurement.	
	Remain still and do not talk during a measurement. If the "E6" symbol continues to appear, we recommend you to consult with your physician.	

Display/Problem	Possible Cause	Solution
<b>E7</b> appears	The monitor has malfunctioned.	Press the START/STOP button again. If "E7" still appears, contact your OMRON retail outlet or distributor.
<b>E8</b> flashes	Batteries are low.	Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual <b>2</b> .
<b>E9</b> and <b>E10</b> appears or the monitor is turned off unexpectedly during a measurement.	Batteries are depleted.	Immediately replace all 4 batteries with new ones. Refer to section 3 of instruction manual <b>2</b> .
Nothing appears on the display of the monitor.	Batteries are depleted.	Check the battery installation for proper placement. Refer to section 3 of instruction manual <b>2</b> .
Battery polarities are not properly aligned.	Battery polarities are not properly aligned.	Check the battery installation for proper placement. Refer to section 3 of instruction manual <b>2</b> .
Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review section 2 of instruction manual <b>2</b> .	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review section 2 of instruction manual <b>2</b> .	
Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install batteries.	Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install batteries.	
Any other problems occur.	Any other problems occur.	

2. Maintenance

2.1 Maintenance

To protect your monitor from damage, follow the directions below:

- Change or modifications not approved by the manufacturer will void the warranty.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

2.2 Storage

- Remove the arm cuff from the monitor.
- DO NOT insert batteries with their polarities incorrectly aligned.
- ONLY use 4 "AA" alkaline or manganese batteries with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. DO NOT use different brands of batteries together.
- Remove batteries if this monitor will not be used for a long period of time.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult with your physician immediately.
- If battery fluid should get on your skin, wash your skin immediately with plenty of clean, lukewarm water. If irritation, injury or pain persists, consult with your physician.
- DO NOT use batteries after their expiration date.
- Periodically check batteries to ensure they are in good working condition.

DO NOT store your monitor and other components:

- In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
- In locations exposed to vibrations or shocks.

2.3 Cleaning

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with mild (neutral) detergent to clean your monitor and arm cuff and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and arm cuff or other components in water.
- Do not use gasoline, thinners or similar solvents to clean your monitor and arm cuff or other components.

2.4 Calibration and Service

- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
- It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your authorized OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

3. Specifications

Product category	Electronic Sphygmomanometers
Product description	Automatic Upper Arm Blood Pressure Monitor
Model (Code)	M2 (HEM-7143-E)
Display	LCD digital display
Cuff pressure range	0 to 299 mmHg
Blood pressure measurement range	SYS: 60 to 260 mmHg DIA: 40 to 215 mmHg
Pulse measurement range	40 to 180 beats / min.
Accuracy	Pressure: ±3 mmHg Pulse: ±5% of display reading
Inflation	Automatic by electric pump
Deflation	Automatic pressure release valve
Measurement method	Oscillometric method
Operation mode	Continuous operation
IP classification	Monitor: IP20 Optional AC adapter: IP21 for HHP-CM01, IP22 for HHP-BF01
Rating	DCV 4 W
Power source	4 "AA" batteries 1.5 V or optional AC adapter (INPUT AC 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)
Battery life	Approximately 900 measurements (not including batteries and included arm cuff. Depending on the type of battery and arm cuff)
Durable period (Service life)	Monitor: 5 years Arm cuff: 5 years Optional AC adapter: 5 years
Operating conditions	+10 to +40°C / 15 to 90% RH (non-condensing) / 800 to 1060 hPa
Storage / Transport conditions	-20 to +60°C / 10 to 90% RH (non-condensing)
Weight	Monitor: approximately 250 g (not including batteries) Arm cuff: approximately 110 g
Dimensions (approximately)	Monitor: 103 mm (W) × 82 mm (H) × 40 mm (D) Arm cuff: 146 mm × 466 mm (air tube: 610 mm)
Cuff circumference applicable to the monitor	17 to 42 cm (included arm cuff: 22 to 32 cm)
Memory	Stores up to 30 readings
Contents	Monitor, arm cuff (HEM-CR24), 4 "AA" batteries, storage case, Instruction Manual <b>1</b> and <b>2</b>
Protection against electric shock	Internally powered ME equipment (when using only batteries)
Applied part	Type BF (arm cuff)

Note

- These specifications are subject to change without notice.
- This monitor is clinically investigated according to the requirements of EN ISO 91060-2:2014 and complies with EN ISO 81060-2:2014 and EN ISO 1060-2:2014+A1:2020 (excluding pregnant and pre-eclampsia patients). In the clinical validation study, NS was used on 85 subjects for determination of diastolic blood pressure.
- IP classification is degree of protection provided by enclosures in accordance with IEC 60529. This monitor and optional AC adapter are protected against solid foreign objects of 12.5 mm diameter and greater such as a finger. The optional AC adapter HHP-CM01 is protected against vertically falling water drops which may cause issues during a normal operation. The optional AC adapter HHP-BF01 is protected against oblique falling water drops which may cause issues during a normal operation.
- Operation mode classification complies with IEC 60601-1.

4. Limited Warranty

Thank you for buying an OMRON product. This product is constructed of high quality materials and great care has been taken in its manufacturing. It is designed to give you very satisfaction, provided that it is properly operated and maintained as described in the instruction manual.

This product is warranted by OMRON for a period of 3 years after the date of purchase. The proper construction, workmanship and materials of this product is warranted by OMRON. During this period this product is warranted by OMRON for a period of 3 years after the date of purchase. The proper construction, workmanship and materials of this product is warranted by OMRON. During this period the warranty does not cover any of the following:  
A. Transport costs and risks of transport.  
B. Costs for repairs and / or defects resulting from repairs done by unauthorised persons.  
C. Periodic check-ups and maintenance.  
D. Failure or wear of optional parts or other attachments other than the main device itself, unless explicitly warranted above.  
E. Costs arising due to non-acceptance of a claim. These will be charged for.  
F. Damages of any kind including personal caused accidentally or from misuse.  
G. Calibration service is not included within the warranty.  
H. Optional parts have a one (1) year warranty from date of purchase. Optional parts include, but are not limited to the following items: cuff and cuff tube.

Should warranty service be required please apply to the dealer whom the product was purchased from or an authorised OMRON distributor. For the address refer to the product packaging / literature or to your specialised retailer. If you have difficulties in finding OMRON customer services, contact us for information: www.omron-healthcare.com

Repair or replacement under the warranty does not give rise to any extension or renewal of the warranty period. The warranty will be granted only if the complete product is returned together with the original invoice / cash ticket issued to the customer by the retailer.

5. Guidance and Manufacturer's Declaration

- This blood pressure monitor is designed according to the European Standard EN1060. Non-invasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary Requirements for electromechanical blood pressure measuring systems
- Please report to the manufacturer and the competent authority of the Member State in which you are established about any serious incident that has occurred in relation to this device.

Important information regarding Electromagnetic Compatibility (EMC)

HEM-7143-E manufactured by OMRON HEALTHCARE Co., Ltd. conforms to EN60601-1-2:2015 Electromagnetic Compatibility (EMC) standard. Further documentation in accordance with this EMC standard is available at www.omron-healthcare.com. Refer to the EMC information for HEM-7143-E on the website.

Correct Disposal of This Product (Waste Electrical & Electronic Equipment)

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can return this item for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial waste for disposal.

Symbols Description

**FR** Description des symboles  
**DE** Beschreibung der Symbole  
**IT** Descrizione dei simboli  
**ES** Descripción de los símbolos  
**NL** Beschrijving van symbolen  
**RU** Описание символов  
**TR** Simgelemin Açıklaması

Applied part - Type BF Degree of protection against electric shock (leakage current)

**FR** Pièce appliquée - Type BF Degré de protection contre les chocs électriques (courant de fuite)  
**DE** Anwendungsteil - Typ BF Schutz vor Stromschlägen (Ableitstrom)  
**IT** Parti applicate - Tipo BF Livello di protezione contro le folgorazioni (corrente di dispersione)  
**ES** Partes en contacto: Tipo BF Grado de protección contra descargas eléctricas (corriente de fuga)  
**RU** Тоёгепаст onderdeel - Type BF-бесчёмингспаад tegen електришкe шоккөн (лeктокстөм)  
**TR** Uygulanan parça - Tip BF Elektrik çarpmasına karşı koruma derecesi (kaçak akım)

**FR** Le produit est protégé contre les chocs électriques de classe II.  
**DE** Das Produkt ist gegen Stromschläge der Klasse II geschützt.  
**IT** L'apparato è protetto contro le folgorazioni di classe II.  
**ES** El equipo de Clase II. Protección contra descargas eléctricas.  
**NL** Apparaat van Klasse II. Bescherming tegen elektrische schokken.  
**RU** Изделие класса II. Защита от поражения электрическим током  
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**FR** Le produit est protégé contre les chocs électriques de classe II.  
**DE** Das Produkt ist gegen Stromschläge der Klasse II geschützt.  
**IT** L'apparato è protetto contro le folgorazioni di classe II.  
**ES** El equipo de Clase II. Protección contra descargas eléctricas.  
**NL** Apparaat van Klasse II. Bescherming tegen elektrische schokken.  
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# Automatic Upper Arm Blood Pressure Monitor

جهاز مراقبة ضغط الدم في أعلى الذراع الألي

## M2 (HEM-7143-E)

ام2 (HEM-7143-E)



Intellisense

All for Healthcare

### Read Instruction manual ① and ② before use.

**FR** Lire le mode d'emploi ① et ② avant l'utilisation.

**DE** Lesen Sie vor der Verwendung Gebrauchsanweisung ① und ②.

**Italiano** Leggere il manuale di istruzioni ① e ② prima dell'uso.

**Español** Lea el manual de instrucciones ① y ② antes del uso.

**Nederlands** Lees gebruiksaanwijzing ① en ② voor gebruik.

**Русский** Перед использованием прочтите руководства по эксплуатации ① и ②.

**Türkçe** Kullanmadan önce kullanım kılavuzu ① ve ②'yi okuyun.

**العربية** اقرأ دليل الإرشادات ① و ② قبل الاستخدام.

IM2-HEM-7143-E-01-10/2020

5674678-6A

### 1 Package Contents

**FR** Contenu de l'emballage

**NL** Inhoud van de verpakking

**DE** Packungsinhalt

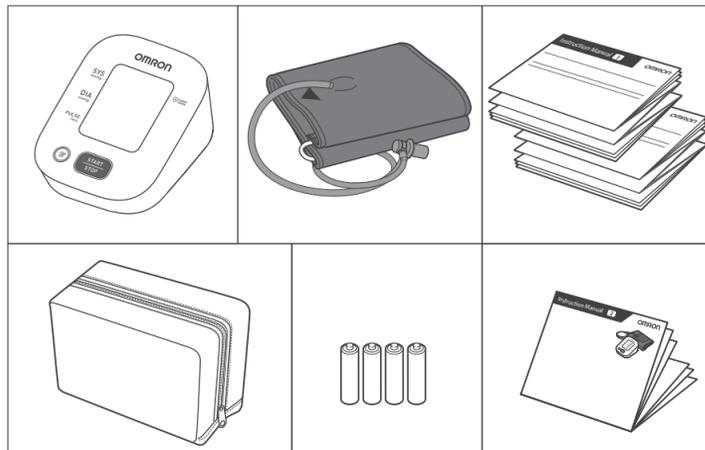
**RU** Комплект поставки

**IT** Contenuto della confezione

**TR** Paketin İçindekiler

**ES** Contenido del envase

**AR** محتويات العبوة



### 2 Preparing for a Measurement

**FR** Préparation d'une mesure

**NL** Een meting voorbereiden

**DE** Vorbereiten einer Messung

**RU** Подготовка к измерению

**IT** Preparazione per la misurazione

**TR** Ölçüm Hazırlığı

**ES** Preparación para una medición

**AR** التجهيز لعملية القياس

#### 30 minutes before

**FR** 30 minutes avant

**DE** 30 Minuten vorher

**IT** 30 minuti prima

**ES** 30 minutos antes

**NL** 30 minuten ervoor

**RU** За 30 минут до

**TR** 30 dakika önce



**AR** قبل القياس بمدة تبلغ ٣٠ دقيقة

#### 5 minutes before: Relax and rest.

**FR** 5 minutes avant : détente et repos.

**DE** 5 Minuten vorher: ruhig hinsetzen.

**IT** 5 minuti prima: rilassarsi e stare a riposo.

**ES** 5 minutos antes: relajarse y descansar.

**NL** 5 minuten ervoor: ontspan en rust.

**RU** За 5 минут до: расслабьтесь и отдохните.

**TR** 5 dakika önce: Gevşeyin ve dinlenin.

**AR** قبل القياس بمدة تبلغ ٥ دقائق: استرخ واسترخ.



### 3 Installing Batteries

**FR** Mise en place des piles

**NL** Batterijen plaatsen

**DE** Einsetzen der Batterien

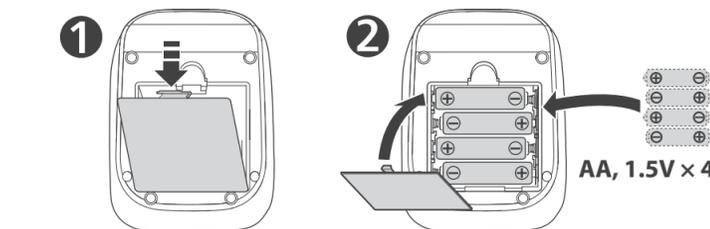
**RU** Установка элементов питания (приобретаются дополнительно)

**IT** Installazione delle batterie

**TR** Pillerin Takılması

**ES** Instalación de las pilas

**AR** تركيب البطاريات



### 4 Applying the Cuff on the Left Arm

**FR** Pose du brassard sur le bras gauche

**NL** De manchet op de linkerarm aanbrengen

**DE** Anbringen der Manschette am linken Arm

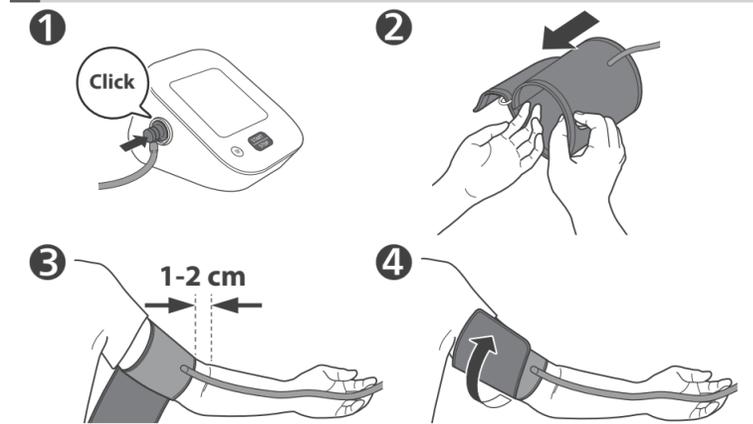
**RU** Расположение манжеты на левой руке

**IT** Applicazione del bracciale sul braccio sinistro

**TR** Kolluğun Sol Kola Takılması

**ES** Colocación del manguito en el brazo izquierdo

**AR** لف الشريط الضاغط على الذراع الأيمن



#### 3 Tube side of the cuff should be 1 - 2 cm above the inside elbow.

**FR** Le côté tuyau du brassard doit être positionné 1 à 2 cm au-dessus de l'intérieur du coude.

**DE** Das Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb des Ellbogens liegen.

**IT** Il lato del bracciale con il tubo deve trovarsi al di sopra del gomito interno, a una distanza di circa 1 o 2 cm.

**ES** El lado del tubo del manguito deberá quedar 1 o 2 cm por encima de la parte interna del codo.

**NL** De kant met de slang van de manchet moet 1 - 2 cm boven de binnenkant van de elleboog liggen.

**RU** Край манжеты с трубкой должен находиться на 1–2 см выше локтевого сгиба.

**TR** Kolluğun boru tarafı, dirsek içinin 1 ila 2 cm üstünde olmalıdır.

**AR** يجب أن يرتفع جانب الخرطوم من الشريط الضاغط من ١ إلى ٢ سم عن المرفق.

#### 4 Make sure that air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.

**FR** Assurez-vous que le tuyau à air se trouve du côté intérieur de votre bras et enroulez fermement le brassard de manière qu'il ne puisse plus tourner.

**DE** Stellen Sie sicher, dass der Luftschlauch an der Arminnenseite sitzt, und befestigen Sie die Manschette sicher, so dass sie nicht verrutscht.

**IT** Assicurarsi che il tubo dell'aria si trovi all'interno del braccio e avvolgere il bracciale saldamente in modo che non possa ruotare.

**ES** Asegúrese de que el tubo de aire se encuentra en la cara interna del brazo y enrolle el manguito con firmeza para que no pueda deslizarse.

**NL** Zorg ervoor dat de luchtslang zich aan de binnenkant van uw arm bevindt en wikkel de manchet stevig rond uw arm zodat deze niet meer kan wegglijden.

**RU** Убедитесь, что воздуховодная трубка находится на внутренней поверхности плеча и надежно оберните манжету, чтобы она не прокручивалась вокруг руки.

**TR** Hava borusunun kolunuzun iç tarafında olduğundan emin olun ve kolluğu kaymayacak şekilde sabit şekilde sarın.

**AR** تأكد من أن خرطوم الهواء على الجانب الداخلي من ذراعك ولف الشريط الضاغط بإحكام بحيث لا ينزلق حول الذراع.

### If taking measurements on the right arm, refer to:

**FR** Pour la prise de mesures au bras droit, voir :

**DE** Bei Messungen am rechten Arm siehe:

**IT** Se la misurazione viene eseguita al braccio destro, fare riferimento a:

**ES** Si va a realizar mediciones en el brazo derecho, consulte: Instruction Manual ①

**NL** Als u metingen aan de rechterarm uitvoert, raadpleeg dan: General Precautions

**RU** При измерении на правой руке см.

**TR** Sağ koldan ölçüm yapıyorsanız aşağıdakilere bakın:

**AR** في حال إجراء القياس على الذراع الأيمن، ارجع إلى:



### 5 Sitting Correctly

**FR** Position assise correcte

**NL** Correct zitten

**DE** Korrekte Körperhaltung

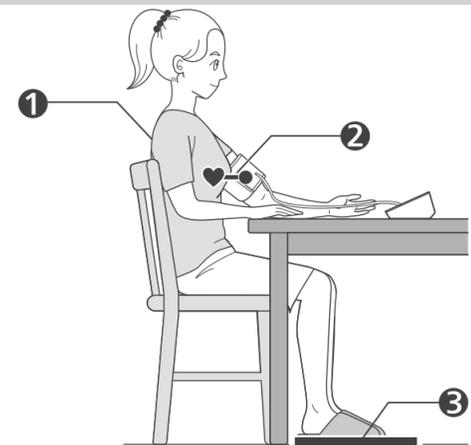
**RU** Правильная поза при измерении

**IT** Come sedere nel modo corretto

**TR** Düzgün Oturma

**ES** Cómo sentarse correctamente

**AR** الجلوس بشكل صحيح



#### 1 Sit comfortably with your back and arm supported.

**FR** S'asseoir confortablement de manière à ce que le dos et le bras soient bien soutenus.

**DE** Bequem hinsetzen, mit dem Rücken anlehnen und den Arm auf eine Unterlage legen.

**IT** Sedere comodamente con la schiena e il braccio ben sostenuti.

**ES** Siéntese cómodamente de modo que la espalda y el brazo estén bien apoyados.

**NL** Neem een comfortabele zitpositie in, met uw rug en arm ondersteund.

**RU** Сядьте удобно, чтобы спина и рука опирались на что-либо.

**TR** Sirtınız ve kolunuz desteklenerek rahat bir şekilde oturun.

**AR** اجلس بشكل مريح بحيث يكون الظهر والذراع في وضع استناد.

#### 2 Place the arm cuff at the same level as your heart.

**FR** Le brassard doit se trouver au même niveau que votre cœur.

**DE** Die Manschette auf Herzhöhe platzieren.

**IT** Posizionare il bracciale allo stesso livello del cuore.

**ES** Coloque el manguito al mismo nivel que el corazón.

**NL** Plaats de armmanchet op hetzelfde niveau als uw hart.

**RU** Манжета должна находиться на уровне сердца.

**TR** Kolluğu kalbinizle aynı düzeye getirin.

**AR** ضع الشريط الضاغط للذراع في مستوى القلب نفسه.

#### 3 Keep feet flat, legs uncrossed, remain still and do not talk.

**FR** Garder les pieds à plat, les jambes non croisées, ne pas bouger et ne pas parler.

**DE** Füße flach auf den Boden stellen, die Beine nicht kreuzen, still halten und nicht sprechen.

**IT** Tenere i piedi ben poggiati, non incrociare le gambe, rimanere fermi e non parlare.

**ES** Mantenga los pies planos, las piernas sin cruzar, quédese quieto y no hable.

**NL** Houd de voeten plat, benen niet gekruist, zit stil en praat niet.

**RU** Поставьте ноги ровно, не перекрещивая их, не двигайтесь и не разговаривайте.

**TR** Ayaklarınızı düz, bacaklarınızı açık tutun, hareketsiz kalın ve konuşmayın.

**AR** اجعل قدميك في وضع مسطح وساقيك في وضع متباعد وحافظ على ثباتك ولا تتحدث.

### 6 Taking a Measurement

**FR** Réalisation d'une mesure

**NL** Een meting doen

**DE** Vornehmen einer Messung

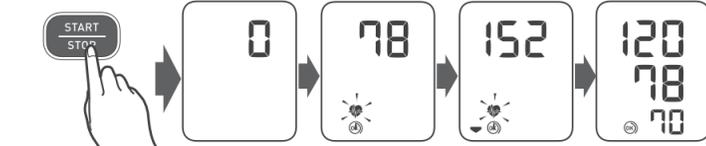
**RU** Выполнение измерений

**IT** Misurazione

**TR** Ölçüm Yapma

**ES** Obtención de una lectura

**AR** إجراء القياس



#### When the [START/STOP] button is pressed, the measurement is taken and saved automatically.

**FR** Après une pression sur le bouton [START/STOP], la mesure démarre et le résultat est enregistré automatiquement.

**DE** Beim Drücken der Taste [START/STOP] erfolgt die Messung. Die Messwerte werden automatisch gespeichert.

**IT** Quando si preme il pulsante [START/STOP], la misurazione viene eseguita e salvata automaticamente.

**ES** Al pulsar el botón [START/STOP], se obtiene la medición, que se guarda automáticamente.

**NL** Wanneer op de knop [START/STOP] wordt gedrukt, wordt de meting automatisch uitgevoerd en opgeslagen.

**RU** После того, как кнопка [START/STOP] нажата, измерение выполняется и сохраняется автоматически.

**TR** [START/STOP] düğmesine basıldığında ölçüm yapılır ve otomatik olarak kaydedilir.

**AR** عند الضغط على زر [START/STOP]، يتم إجراء القياس وحفظه تلقائيًا.

#### If your systolic pressure is more than 210 mmHg:

After the arm cuff starts to inflate, press and hold the [START/STOP] button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.

#### FR Si votre pression systolique est supérieure à 210 mmHg :

Lorsque le brassard se gonfle, appuyez sur le bouton [START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre atteigne une pression de gonflage supérieure de 30 à 40 mmHg à votre pression systolique attendue.

#### DE Wenn Ihr systolischer Druck höher ist als 210 mmHg:

Nachdem die Manschette begonnen hat, sich aufzupumpen, drücken Sie die [START/STOP]-Taste, und halten Sie sie gedrückt, bis ein Druck von 30 bis 40 mmHg über Ihrem erwarteten systolischen Druck erreicht ist.

#### IT Se la pressione sistolica è superiore a 210 mmHg:

Quando il bracciale inizia a gonfiarsi, premere e mantenere premuto il pulsante [START/STOP] finché il misuratore non raggiunge una pressione da 30 a 40 mmHg superiore rispetto al valore di pressione sistolica atteso.

#### ES En caso de que su presión arterial sistólica esté por encima de 210 mmHg:

Una vez que el manguito comienza a inflarse, mantenga pulsado el botón [START/STOP] hasta que el monitor indique que el inflado está entre 30 y 40 mmHg por encima de la presión arterial sistólica esperada.

#### NL Als uw systolische druk hoger is dan 210 mmHg:

Zodra de armmanchet wordt opgepompt, houdt u de knop [START/STOP] ingedrukt totdat de meter 30 tot 40 mmHg hoger aangeeft dan uw verwachte systolische druk.

#### RU Если систолическое давление выше 210 мм.рт.ст.:

После того, как началось автоматическое нагнетание воздуха в манжету, нажмите и удерживайте кнопку [START/STOP] до тех пор, пока электронный блок не поднимет давление до значения, превышающего ожидаемое систолическое давление на 30–40 мм рт. ст.

#### TR Sistolik basıncınız 210 mmHg'den fazlaysa:

Kolluk şişmeye başladıktan sonra, [START/STOP] düğmesine basın ve ölçüm cihazı beklediğiniz sistolik basınç değerinden 30 ila 40 mmHg daha fazla şişene kadar basılı tutun.

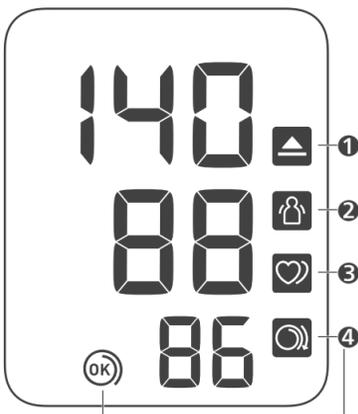
**AR** إذا كان ضغط دمك الانقباضي أكثر من ٢١٠ ملليمترات زئبقية:

بعد بدء انتفاخ الشريط الضاغط للذراع، اضغط مع الاستمرار على الزر [START/STOP] (بدء/إيقاف) حتى يقوم الجهاز بالنفخ من ٣٠ إلى ٤٠ ملليمترًا زئبقيًا أعلى من قيمة ضغط الدم الانقباضي المتوقع لديك.

## 7 Checking Readings

**FR** Vérification des résultats  
**DE** Prüfen der Messwerte  
**IT** Controllo dei risultati  
**ES** Comprobación de lecturas

**NL** Metingen bekijken  
**RU** Проверка результатов  
**TR** Ölçüm Değerlerini Kontrol Etme  
**AR** التحقق من القراءات



### 1 Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg\* or above.

**FR** S'affiche si « SYS » est égale ou supérieure à 135 mmHg et/ou « DIA » égale ou supérieure à 85 mmHg\*.  
**DE** Wird angezeigt, wenn „SYS“ 135 mmHg oder mehr beträgt und/oder wenn „DIA“ 85 mmHg\* oder mehr beträgt.

**IT** Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg\*.  
**ES** Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mmHg\* o superior.

**NL** Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg\* of hoger is.  
**RU** Отображается, если «SYS» (Систолическое давление) 135 мм рт.ст. и выше и/или «DIA» (Диастолическое давление) 85 мм рт.ст.\* и выше.

**TR** "SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg\* ya da üstünde olduğunda görünür.  
**AR** تظهر إذا كان "SYS" يبلغ ١٣٥ ملليمترًا زئبقيًا أو أكثر و/أو "DIA" ٨٥ ملليمترًا زئبقيًا\* أو أكثر.

**FR** S'affiche si vous bougez pendant une mesure. Retirer le brassard, attendre 2 à 3 minutes et essayer à nouveau.  
**DE** Wird angezeigt, wenn Sie sich während der Messung bewegen. Nehmen Sie die Manschette ab, warten Sie 2–3 Minuten und versuchen Sie es erneut.

**IT** Viene visualizzato se l'utilizzatore si muove durante la misurazione. Rimuovere il bracciale, attendere 2-3 minuti e riprovare.  
**ES** Aparece cuando se mueve el cuerpo durante una medición. Retire el manguito, espere unos 2 o 3 minutos e inténtelo de nuevo.

**NL** Verschijnt wanneer uw lichaam tijdens een meting beweegt. Verwijder de armanchet, wacht 2-3 minuten en probeer het opnieuw.  
**RU** Отображается при движении тела во время измерения. Снимите манжету, подождите 2-3 минуты и попробуйте еще раз.

**TR** Bir ölçüm esnasında vücudunuz hareket ettiğinde görünür. Kolluğu çıkarın, 2 - 3 dakika bekleyip tekrar deneyin.  
**AR** تظهر عند تحرك جسمك في أثناء عملية القياس. قم بإزالة الشريط الضاغط للذراع وانتظر من ٢ إلى ٣ دقائق وحاول مرة أخرى.

### 3 Appears when an irregular rhythm\*\* is detected during a measurement. If it appears repeatedly, OMRON recommends to consult your physician.

**FR** S'affiche lorsqu'un rythme irrégulier\*\* est détecté pendant une mesure. S'il s'affiche à plusieurs reprises, OMRON recommande de consulter votre médecin.  
**DE** Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag\*\* festgestellt wird. Wird das Symbol wiederholt angezeigt, empfiehlt OMRON, sich an Ihren Arzt zu wenden.

**IT** Viene visualizzato se nel corso di una misurazione viene rilevato un ritmo cardiaco irregolare\*\*. Se il simbolo appare ripetutamente, OMRON consiglia di consultare il medico curante.  
**ES** Aparece cuando se detecta un ritmo irregular\*\* durante una medición. Si aparece varias veces, OMRON recomienda que consulte a su médico.

**NL** Verschijnt wanneer tijdens een meting een onregelmatig ritme\*\* wordt gedetecteerd. Als dit herhaaldelijk verschijnt, raadt OMRON aan om uw arts te raadplegen.  
**RU** Отображается, если при измерении определяется нерегулярный ритм\*\*. Если этот символ отображается неоднократно, компания OMRON рекомендует обратиться к лечащему врачу.

**TR** Bir ölçüm esnasında düzensiz ritim\*\* saptandığında görünür. Tekrarlı şekilde görünürse OMRON doktorunuza danışmanızı önerir.  
**AR** تظهر عند اكتشاف عدم انتظام ضربات القلب\*\* في أثناء عملية القياس. عند ظهورها بشكل متكرر، توصي OMRON باستشارة طبيبكم.

**FR** Le brassard est suffisamment serré.  
**DE** Manschette sitzt ausreichend straff.  
**IT** Il bracciale è stretto a sufficienza.  
**ES** El manguito está lo suficientemente prieto.  
**NL** Manchet zit strak genoeg.  
**RU** Манжета затянута достаточно туго.  
**TR** Kolluk yeterince sıkıdır.  
**AR** الشريط الضاغط محكم بما يكفي.

**FR** Poser le brassard en le serrant davantage.  
**DE** Manschette STRAFFER ziehen.  
**IT** Applicare di nuovo il bracciale STRINGENDOLO DI PIÙ.  
**ES** Vuelva a poner el manguito MÁS PRIETO.  
**NL** Breng de manchet STRAKKER aan.  
**RU** Наложите манжету еще раз БОЛЕЕ ТУГО.  
**TR** Kolluğu tekrar, DAHA SIKI bir şekilde takın.  
**AR** لف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.

**FR** La définition de l'hypertension est basée sur les recommandations ESH/ESC 2018.  
**DE** Die Definition für Bluthochdruck basiert auf den 2018 ESH/ESC Richtlinien.  
**IT** La definizione di alta pressione arteriosa si basa sulle linee guida 2018 di ESH/ESC.  
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**AR** \*تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية لفرط ضغط الدم (ESH)/الجمعية الأوروبية لقلب القلب (ESC) لعام 2018.

**FR** \*\*Un rythme cardiaque irrégulier est défini comme un rythme inférieur ou supérieur de 25 % au rythme moyen détecté durant une mesure.  
**DE** \*\*Ein unregelmäßiger Herzschlag ist definiert als ein Herzrhythmus, der weniger als 25 % oder mehr als 25 % des mittleren Herzrhythmus beträgt, der während der Blutdruckmessung erkannt wird.  
**IT** \*\*Si definisce ritmo cardiaco irregolare un ritmo cardiaco inferiore del 25% o superiore del 25% rispetto al ritmo medio rilevato durante una misurazione.  
**ES** \*\*Latido cardíaco irregular se define como un ritmo que es un 25 % menor o un 25 % mayor que el ritmo medio detectado durante una medición.  
**NL** \*\*Een onregelmatig hartslagritme wordt gedefinieerd als een ritme dat 25% lager of 25% hoger is dan het gemiddelde ritme dat tijdens een meting wordt gedetecteerd.  
**RU** \*\*Нерегулярный ритм сердцебиения — это ритм, который на 25% медленнее или быстрее измеренного среднего ритма.  
**TR** \*\*Düzensiz kalp atışı ritmi, bir ölçüm sırasında saptanan ortalamadan %25 daha düşük veya %25 daha yüksek ritim olarak tanımlanır.  
**AR** \*\*تعريف اضطراب ضربات القلب بأنه نظم أقل من النظم الطبيعي الذي يتم اكتشافه في أثناء عملية القياس بمعدل ٢٥٪ أو أكثر منه بمعدل ٢٥٪.

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### 8 Using Memory Functions

**FR** Utilisation des fonctions de mémoire  
**DE** Verwendung der Speicherfunktionen  
**IT** Uso delle funzioni di memoria  
**ES** Uso de las funciones de memoria  
**NL** Geheugenfuncties gebruiken  
**RU** Использование функции памяти  
**TR** Hafıza Fonksiyonunun Kullanılması  
**AR** استخدام وظائف الذاكرة

**FR** Messages d'erreur ou autres problèmes ? Voir :  
**DE** Weitere Fehlermeldungen oder Probleme siehe:  
**IT** Messaggi di errore o altri problemi? Fare riferimento a:  
**ES** ¿Hay mensajes de error u otros problemas? Consulte:  
**NL** Foutmeldingen of andere problemen? Raadpleeg:  
**RU** Сообщения об ошибках или другие неисправности? См.  
**TR** Hata mesajları veya başka sorunlar mı var? Bkz:  
**AR** رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:

**FR** Réinitialisation aux réglages par défaut  
**DE** Wiederherstellen der Standardeinstellungen  
**IT** Ripristino delle impostazioni predefinite  
**ES** Restablecimiento a los ajustes de fábrica  
**NL** De standaardinstellingen herstellen  
**RU** Восстановление настроек по умолчанию  
**TR** Varsayılan Ayarları Geri Yükleme  
**AR** استعادة الإعدادات الافتراضية

**FR** Mesures stockées en mémoire  
**DE** Gespeicherte Messwerte  
**IT** Risultati conservati in memoria  
**ES** Lecturas guardadas en la memoria  
**NL** Metingen opgeslagen in het geheugen  
**RU** Сохранение результатов в памяти  
**TR** Hafızaya Kaydedilen Değerler  
**AR** تم تخزين القراءات في الذاكرة

**FR** Jusqu'à 30 mesures sont stockées.  
**DE** Es werden bis zu 30 Messwerte gespeichert.  
**IT** Vengono conservati fino a 30 risultati.  
**ES** Se almacenan hasta 30 lecturas.  
**NL** Er kunnen tot 30 meetwaarden worden opgeslagen.  
**RU** Сохраняется до 30 результатов.  
**TR** 30 adede kadar ölçüm değeri saklanır.  
**AR** يصل عدد القراءات المخزنة إلى ٣٠ قراءة.

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**RU** \*Определение высокого артериального давления основано на Рекомендациях 2018 ESH/ESC.  
**TR** \*Yüksek kan basıncı tanımı, 2018 ESH/ESC Kılavuzlarını temel alır.  
**AR** \*تم تخزين القراءات في الذاكرة

**FR** \*The high blood pressure definition is based on the 2018 ESH/ESC Guidelines.  
**DE** \*Die Definition für Bluthochdruck basiert auf den 2018 ESH/ESC Richtlinien.  
**IT** \*La definizione di alta pressione arteriosa si basa sulle linee guida 2018 di ESH/ESC.  
**ES** \*La definición de presión arterial alta se basa en las guías 2018 ESH/ESC.  
**NL** \*De definitie van hoge bloeddruk is gebaseerd op de ESH/ESC-richtlijnen uit 2018.  
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## 9 Other Settings

**FR** Autres réglages  
**DE** Weitere Einstellungen  
**IT** Altre impostazioni  
**ES** Otros ajustes  
**NL** Andere instellingen  
**RU** Прочие настройки  
**TR** Diğer Ayarlar  
**AR** الإعدادات الأخرى

### 9.1 Restoring to the Default Settings

**FR** Réinitialisation aux réglages par défaut  
**DE** Wiederherstellen der Standardeinstellungen  
**IT** Ripristino delle impostazioni predefinite  
**ES** Restablecimiento a los ajustes de fábrica  
**NL** De standaardinstellingen herstellen  
**RU** Восстановление настроек по умолчанию  
**TR** Varsayılan Ayarları Geri Yükleme  
**AR** استعادة الإعدادات الافتراضية

**FR** Mesures stockées en mémoire  
**DE** Gespeicherte Messwerte  
**IT** Risultati conservati in memoria  
**ES** Lecturas guardadas en la memoria  
**NL** Metingen opgeslagen in het geheugen  
**RU** Сохранение результатов в памяти  
**TR** Hafızaya Kaydedilen Değerler  
**AR** تم تخزين القراءات في الذاكرة

**FR** Jusqu'à 30 mesures sont stockées.  
**DE** Es werden bis zu 30 Messwerte gespeichert.  
**IT** Vengono conservati fino a 30 risultati.  
**ES** Se almacenan hasta 30 lecturas.  
**NL** Er kunnen tot 30 meetwaarden worden opgeslagen.  
**RU** Сохраняется до 30 результатов.  
**TR** 30 adede kadar ölçüm değeri saklanır.  
**AR** يصل عدد القراءات المخزنة إلى ٣٠ قراءة.

**FR** \*The high blood pressure definition is based on the 2018 ESH/ESC Guidelines.  
**DE** \*Die Definition für Bluthochdruck basiert auf den 2018 ESH/ESC Richtlinien.  
**IT** \*La definizione di alta pressione arteriosa si basa sulle linee guida 2018 di ESH/ESC.  
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**TR** \*Yüksek kan basıncı tanımı, 2018 ESH/ESC Kılavuzlarını temel alır.  
**AR** \*تم تخزين القراءات في الذاكرة

**FR** \*The high blood pressure definition is based on the 2018 ESH/ESC Guidelines.  
**DE** \*Die