

# Instruction Manual 1

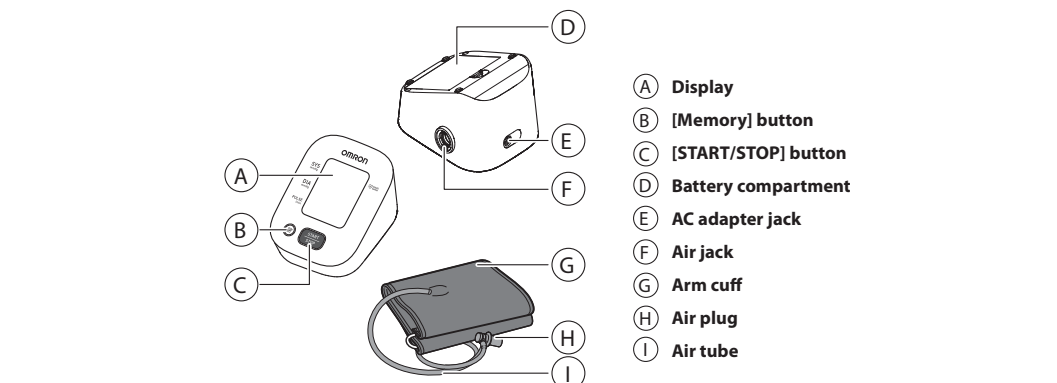
## Automatic Upper Arm Blood Pressure Monitor

### M2+ (HEM-7146-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



#### Introduction

Thank you for purchasing the M2+ Automatic Upper Arm Blood Pressure Monitor. This blood pressure monitor uses the oscillometric 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 patients. This monitor detects the appearance of irregular heartbeats during measurement and indicates this with a symbol with readings. It is mainly designed for general household use.

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 experience skin irritation or discomfort.
- 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 apply the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT use this monitor in areas containing high frequency electrical equipment, such as electrostatic imaging (EMI) equipment, computerized tomography (CT) scanners. This may interfere with the accuracy of the measurement.
- DO NOT use this monitor in oxygen rich environments or near flammable gases.
- 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 failure. NOTE that the use 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.
- 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."

#### Battery Handling and Usage

DO NOT use the AC adapter if this monitor or the AC adapter is damaged. If this monitor or the AC adapter is damaged, turn off the power and unplug the AC adapter immediately. Plug the AC adapter in an appropriate voltage outlet. DO NOT use in a multi-outlet plug.

NEVER plug in or unplug the AC adapter from the electric outlet with your hands.

#### 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 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 intravenous access or therapy, or an arteriovenous (A-V) shunt, is present because of temporary interference with blood flow and could result in injury.

Consult with your physician before using this monitor if you have had a mastectomy or lymph node clearance. Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders or if the 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 emits electromagnetic fields is within 30 cm of this monitor. This may result in incorrect operation of the monitor and/or cause 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.

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 in the clinic or in a hospital.

DO NOT use this monitor with other medical electrical (IME) equipment simultaneously. This may result in incorrect operation of the device and/or cause inaccurate reading.

Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.

Rest for about 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 result in 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 with a temperature difference specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature.

Additional information on operating and storage/transport temperature, refer to section 3.

DO NOT create the arm cuff or the air tube excessively.

DO NOT fold or link 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.

#### Display/Problem

The monitor has malfunctioned.

Press the [START/STOP] button again.

If "Er" still appears, contact your OMRON retail outlet or distributor.

Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual 2.

Batteries are low.

Immediately replace all 4 batteries with new ones. Refer to section 3 of instruction manual 2.

Batteries are depleted.

Check the battery installation for proper polarity. Refer to section 3 of instruction manual 2.

Nothing appears on the display of the monitor.

Battery polarities are not properly aligned.

Check the battery installation for proper polarity. Refer to section 3 of instruction manual 2.

Blood pressure varies constantly. Many factors, such as stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review section 2 of instruction manual 2.

Readings appear too high or too low.

Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, contact your OMRON retail outlet or distributor.

Any other problems occur.

Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, contact your OMRON retail outlet or distributor.

ONLY use the AC adapter, arm cuff, batteries and accessories specified for this monitor. Use of unapproved AC adapters, arm cuffs and batteries may damage and/or may be hazardous to this monitor.

ONLY use the approved arm cuff for this monitor. Use of other arm cuffs may result in incorrect readings.

Inflicting a higher pressure measure than 210 mmHg in section 6 of instruction manual 2.

AC Adapter (optional accessory) Handling and Usage

Fully insert the AC adapter into the outlet.

When unplugging the AC adapter from the outlet, be sure to safely pull from the AC adapter. DO NOT pull from the AC adapter cable.

When handling the AC adapter, DO NOT touch the AC adapter cable.

DO NOT damage it.

DO NOT touch it with your fingers.

DO NOT use it in a humid or wet environment.

DO NOT use it in a place where it may be exposed to rain or moisture.

DO NOT use it in a place where it may be exposed to fire or heat.

DO NOT use it in a place where it may be exposed to strong magnetic fields.

DO NOT use it in a place where it may be exposed to strong electromagnetic fields.

DO NOT use it in a place where it may be exposed to strong radio waves.

DO NOT use it in a place where it may be exposed to strong static electricity.

DO NOT use it in a place where it may be exposed to strong vibrations.

DO NOT use it in a place where it may be exposed to strong shocks or vibrations.

DO NOT use it in a place where it may be exposed to strong light.

DO NOT use it in a place where it may be exposed to strong noise.

DO NOT use it in a place where it may be exposed to strong odors.

DO NOT use it in a place where it may be exposed to strong dust.

DO NOT use it in a place where it may be exposed to strong humidity.

DO NOT use it in a place where it may be exposed to strong dryness.

DO NOT use it in a place where it may be exposed to strong cold.

DO NOT use it in a place where it may be exposed to strong heat.

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Automatic Upper Arm  
Blood Pressure Monitor  
M2+ (HEM-7146-E)  
(HEM-7146-E) +2م  
All for Healthcare



Read Instruction manual ① and ② before use.

Français Lire le mode d'emploi ① et ② avant l'utilisation.  
Deutsch 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.

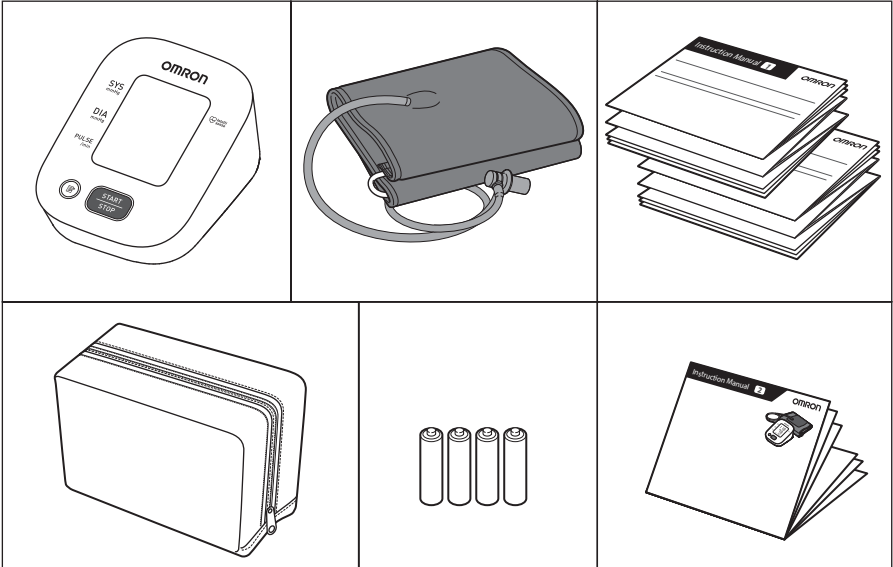
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1 Package Contents

FR Contenu de l'emballage  
DE Packungsinhalt  
IT Contenuto della confezione  
ES Contenido del envase

NL Inhoud van de verpakking  
RU Комплект поставки  
TR Paketin içindekiler

AR محتويات العبوة



2 Preparing for a Measurement

FR Préparation d'une mesure  
DE Vorbereiten einer Messung  
IT Preparazione per la misurazione  
ES Preparación para una medición

NL Een meting voorbereiden  
RU Подготовка к измерению  
TR Ölçüm Hazırlığı

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: relájese y descanse.  
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.

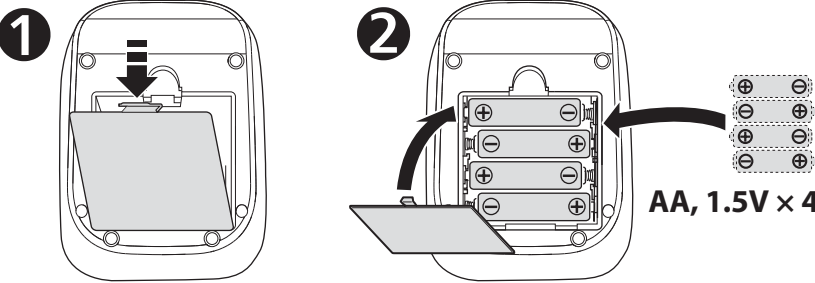


3 Installing Batteries

FR Mise en place des piles  
DE Einsetzen der Batterien  
IT Installazione delle batterie  
ES Instalación de las pilas

NL Batterijen plaatsen  
RU Установка элементов питания (приобретаются дополнительно)  
TR Pillerin Takılması

AR تركيب البطاريات

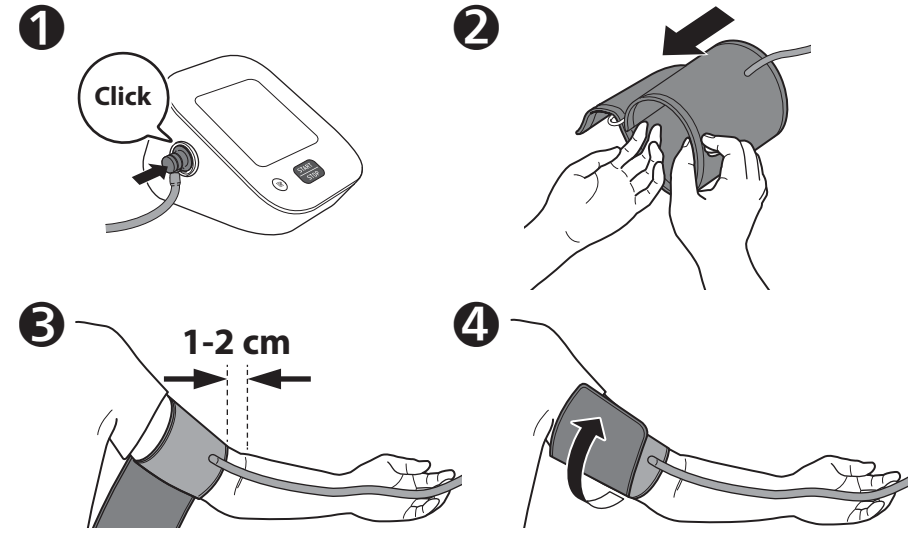


4 Applying the Cuff on the Left Arm

FR Pose du brassard sur le bras gauche  
DE Anbringen der Manschette am linken Arm  
IT Applicazione del bracciale sul braccio sinistro  
ES Colocación del manguito en el brazo izquierdo

NL De manchet op de linkerarm aanbrengen  
RU Расположение манжеты на левой руке  
TR Koluğun Sol Kola Takılması

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 Koluğun 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 Luftschauch 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 kolları kaımayacak 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:  
NL Als u metingen aan de rechterarm uitvoert, raadpleeg dan:  
RU При измерении на правой руке см.  
TR Sağ koldan ölçüm yapıyorsanız aşağıdakilere bakın:

Instruction Manual ①  
General Precautions

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

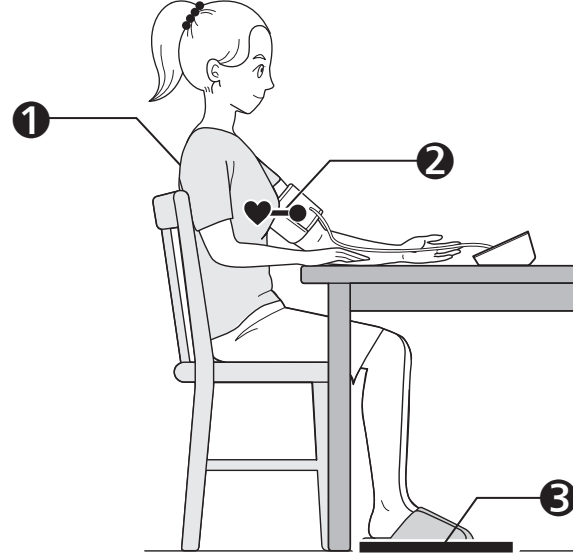


5 Sitting Correctly

FR Position assise correcte  
DE Korrekte Körperhaltung  
IT Come sedere nel modo corretto  
ES Cómo sentarse correctamente

NL Correct zitten  
RU Правильная поза при измерении  
TR Düzgün Oturma

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 Sirtiniz ve kolunuz desteklenerek rahat bir şekilde oturun.

AR اجلس بشكل مريح بحيث يكون الظهر والذراع في وضع استند.

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 Kolları kalbinizle aynı düzeye getirin.

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.

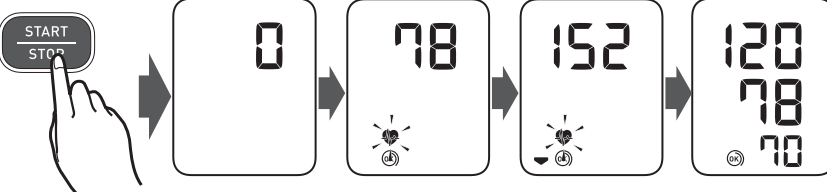
AR اجعل قدميك في وضع مسطح وساقيك في وضع متباعد وحافظ على ثباتك ولا تتحدث.

6 Taking a Measurement

FR Réalisation d'une mesure  
DE Vornehmen einer Messung  
IT Misurazione  
ES Obtención de una lectura

NL Een meting doen  
RU Выполнение измерений  
TR Ölçüm Yarma

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, appuyer 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 estimada.  
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 بدأ 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 المتوقعة لديك.

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



|           |                            |                                          |
|-----------|----------------------------|------------------------------------------|
| <b>7</b>  | <b>Checking Readings</b>   |                                          |
| <b>FR</b> | Vérification des résultats | <b>NL</b> Metingen bekijken              |
| <b>DE</b> | Prüfen der Messwerte       | <b>RU</b> Проверка результатов           |
| <b>IT</b> | Controllo dei risultati    | <b>TR</b> Ölçüm Değerlerini Kontrol Etme |
| <b>ES</b> | Comprobación de lecturas   | <b>AR</b> 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 “SIS” 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.

**2** **Appears when your body moves during a measurement. Remove the arm cuff, wait 2 - 3 minutes and try again.**

**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. Kollağu 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\*\*.

**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.

**4** **Cuff is tight enough.**

**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.

**4** **Apply cuff again MORE TIGHTLY.**

**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** Kollağı tekrar, DAHA SIKI bir şekilde takın.

**AR** لف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.

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

**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.

**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.

**RU** \*Определение высокого артериального давления основано на Рекомендациях 2018 ESH/ESC.

**TR** \*Yüksek kan basıncı tanımı, 2018 ESH/ESC Kılavuzlarını temel alır.

**AR** \*تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية لفرط ضغط الدم (ESH)/الجمعية الأوروبية لقلب القلب (ESC) لعام 2018.

**AR** تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية لفرط ضغط الدم (ESH)/الجمعية الأوروبية لقلب القلب (ESC) لعام 2018.

**\*\*An irregular heart beat rhythm is defined as a rhythm that is 25 % less or 25 % more than the average rhythm detected during a measurement.**

**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** \*\*يُعرف اضطراب ضربات القلب بأنه نظم أقل من النظم الطبيعي الذي يتم اكتشافه في أثناء عملية القياس بمعدل ٢٥٪ أو أكثر منه بمعدل ٢٥٪.

**Error messages or other problems? Refer to:**

**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 sorunları mı var? Bkz:

**AR** رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:

Instruction Manual 1.

**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

**8.1 Readings Stored in Memory**

**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

Up to 30 readings are stored.

**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.

**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

**10** **Optional Medical Accessories**

**FR** Accessoires médicaux optionnels

**DE** Optionales medizinisches Zubehör

**IT** Accessori medicali opzionali

**ES** Accesorios médicos opcionales

**NL** Optionele medische accessoires

**RU** Аксессуары, которые пользователь, при необходимости, может приобрести отдельно от комплекта поставки медицинского изделия

**TR** Opsiyonel Tıbbi Aksesuarlar

**AR** الملحقات الطبية الاختيارية

**Wide Range Soft Cuff HEM-RML31**  
22 - 42 cm

**Small Cuff HEM-CS24**  
17 - 22 cm

Do not throw the air plug away. The air plug can be applicable to the optional cuff.

**FR** Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option.

**DE** Entsorgen Sie den Luftschlauchstecker nicht. Der Luftschlauchstecker wird für die optionale Manschette verwendet.

**IT** Non gettare via l’attacco del tubo dell’aria. L’attacco del tubo dell’aria può essere applicato al bracciale opzionale.

**ES** No tire el conector para tubo de aire. El conector para tubo de aire puede ser utilizado con el manguito opcional.

**NL** Gooi de plug van de luchtslang niet weg. De plug van de luchtslang kan worden gebruikt op de optionele manchet.

**RU** Не выбрасывайте воздушный штекер. Он может подойти к дополнительной манжете.

**TR** Hava tıpasını atmayın. Hava tıpası isteğe bağlı kollağa uygulanabilir.

**AR** لا تتخلص من سداة الهواء. يمكن استعمال سداة الهواء مع الشريط الضاغط الاختياري.

**AC Adapter**

**HHP-CM01**

**HHP-BFH01**

<https://www.omron-healthcare.com/>

|                                                                                                                                                                                                   |                                                                            |                                                                            |                                                                                                                                         |                                                                                                                                                                                                                                            |
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