

OMRON

Automatic Upper Arm Blood Pressure Monitor

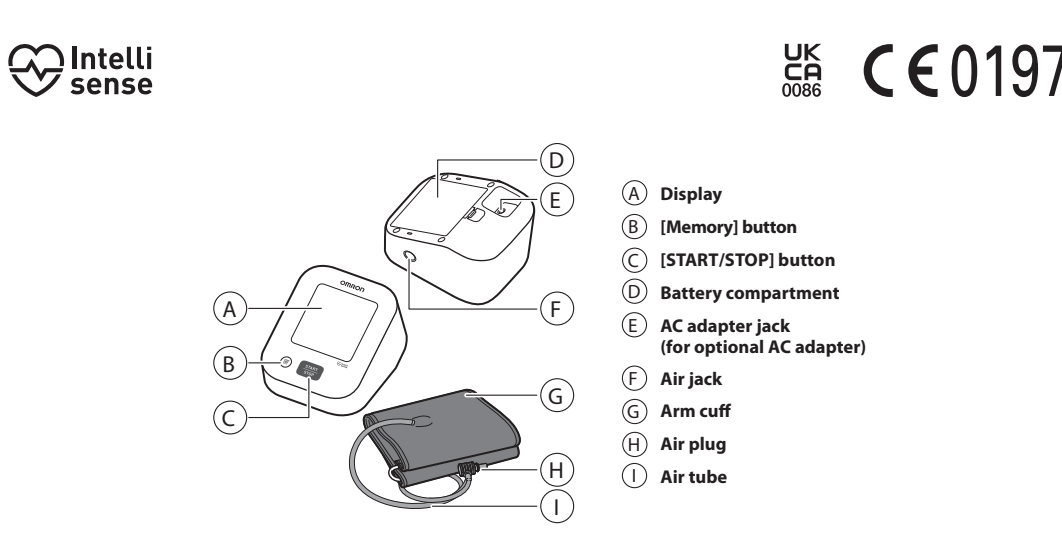
M2+ (HEM-7188-LE)

M2 Essential (HEM-7188-E)

English

Instruction Manual 1: Safety and Other Information

For symbols information, refer to "Symbols Description" section.



Introduction

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

Safety Instructions

This instruction manual provides you with important information about the OMRON 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 population. The device detects the appearance of irregular heartbeats during measurement and indicates this via a symbol with the measurement result.

Intended Parties

Adult population (may include patients who may be unable to read the instruction manual)

Intended Users

Adult population (may include patients who may be unable to read the instruction manual)

Clinical Benefit

Patient's blood pressure can be measured non-invasively and simply in the home environment.

Type of Use

This monitor is intended to be multiple patient multiple use.

Limitation

Patient's circumference must be 17 - 42 cm.

Indication

This device is used by healthy individuals, patients with hypertension, patients with health-conscious individuals, in a general household or for use by patients with hypertension and pulse rate.

Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components 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 thoroughly for further reference. **For specific information about your own blood pressure, consult with your physician.**

Contraindications

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 or other blood transfusion.

DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.

Side Effects

Taking measurements more often than necessary may cause bruising due to blood flow interference.

Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied. Be sure to "fluff your support pressure is more than 210 mmHg" in the end of instruction manual 2 for the device and/or the cable is damaged, turn off the power and stop using this monitor and consult with your physician if you experience skin irritation or discomfort.

⚠ Warning situation which could result in death or serious injury.

DO NOT adjust medication (including altering your use of any drug or treatment) 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 and heart related conditions.

NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.

If you are experiencing any symptoms or concerns, consult with your physician.

DO NOT postpone/stop regular checkups or physician visits based on the results that you are getting from this monitor.

DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI), 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 on an arm where intravascular access (e.g. therapy, or an arterio-venous (AV) shunt, is present because of temporary interference to blood flow and could result in injury.

To help avoid strangulation or other mechanical causes, take the 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 AC adapter 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 it in a multi-outlet plug.

NEVER plug in or unplug the AC adapter from the electric outlet without the power switch turned off.

DO NOT disassemble or attempt to repair the AC adapter.

Battery Handling and Usage

Keep the batteries away from infants, toddlers and children.

⚠ Warning situation which could result in death or serious injury.

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 cause an inaccurate 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 damage. This may cause an inaccurate reading.

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 the "Specifications" section.

During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.

DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may cause an inaccurate operation of the monitor and/or cause an inaccurate reading.

DO NOT use in a location where there is moisture or a risk of water damage. This may cause an inaccurate reading.

DO NOT use this monitor in a moving vehicle such as in a car or on an aircraft.






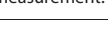

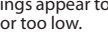
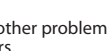
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During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.

DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may cause an inaccurate operation of the monitor and/or cause an inaccurate reading.

DO NOT use in a location where there is moisture or a risk of water damage. This may cause an inaccurate reading.

Display/Problem	Possible Cause	Solution
	appears	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2. Do NOT use the arm cuff correctly during a measurement. If the irregular heartbeat symbol
	appears	The pulse rate is not detected correctly.
	appears	Continues to appear. It is recommended that you contact your physician.
	does not flash during a measurement	
	flashes	Batteries are low.
	appears	Batteries are depleted.
	Nothing appears on the display of the monitors, yet the monitor is turned off unexpectedly during a measurement.	Check the battery installation for proper polarity. Refer to section 3 of instruction manual 2.
	Readings appear too high or too low.	Battery polarities are not properly aligned.
	Any other problem occurs.	Nothing appears on the display of the monitors, yet the monitor is turned off unexpectedly during a measurement. If the problem continues, contact your physician.

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2 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 a high level of comfort, reliability and accuracy. OMRON warrants the product as described in the instruction manual. This product is warranted by OMRON for a period of 5 years after the date of purchase. The proper construction, workmanship and materials of this product is warranted by OMRON during this period. OMRON will not be responsible for repairs or replacement of parts. OMRON will not be responsible for the following:
A. Transport costs and risks of transport.
B. Costs for repairs and / or defects resulting from repairs done by unauthorized persons.
C. Periodic check-ups and maintenance.
D. Failure or wear of optional parts or other attachments other than the product itself, unless otherwise arranged or specified.
E. Costs arising due to non-acceptance of a claim (this will be charged to the customer).
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.
I. Damages to accessories, but are not limited to the following:
DO NOT damage it. / DO NOT break it. / DO NOT taper with it. / DO NOT twist it. / DO NOT use it as a hammer or a bander. / DO NOT place it under heavy weights.
J. Wipe any dust or dirt from the AC adapter cable.
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Automatic Upper Arm Blood Pressure Monitor

Tensiomètre automatique brassard
Automatisches Oberarm-Blutdruckmessgerät
Misuratore automatico di pressione arteriosa da braccio
Monitor de presión arterial automático de brazo
Automatische bovenarm-bloeddrukmeter
Измеритель артериального давления и частоты пульса автоматический
Otomatik Üst Kol Kan Basinci Ölçüm Cihazı
جهاز قياس ضغط الدم الإلي القابل للتثبيت بأعلى الذراع



**M2+ (HEM-7188-LE)
M2 Essential (HEM-7188-E)**

Instruction Manual 2: Operational Instructions

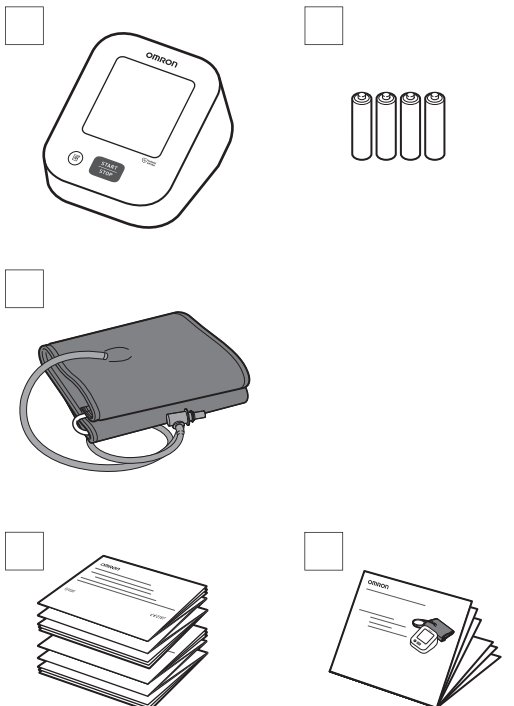
- FR** Mode d'emploi 2 : Consignes d'utilisation
- DE** Gebrauchsanweisung 2: Bedienung
- IT** Manuale di istruzioni 2: Istruzioni operative
- ES** Manual de instrucciones 2: Instrucciones de funcionamiento
- NL** Gebruiksaanwijzing 2: bedieningsinstructies
- RU** Руководство по эксплуатации 2: Инструкции по эксплуатации
- TR** Kullanım Kılavuzu 2: Kullanım Talimatları
- AR** دليل الإرشادات 2: إرشادات التشغيل

Read Instruction Manual 1 and 2 before use.

Lire les modes d'emploi 1 et 2 avant l'utilisation.
Lesen Sie vor der Verwendung die Gebrauchsanweisung 1 und 2.
Leggere il manuale di istruzioni 1 e 2 prima dell'uso.
Lea el Manual de instrucciones 1 y 2 antes del uso.
Lees gebruiksaanwijzing 1 en 2 voor gebruik.
Перед началом эксплуатации прочтите руководство 1 и 2.
Kullanmadan önce Kullanım Kılavuzu 1 ve 2'yi okuyun.
اقرأ دليل الإرشادات 1 و 2 قبل الاستخدام.

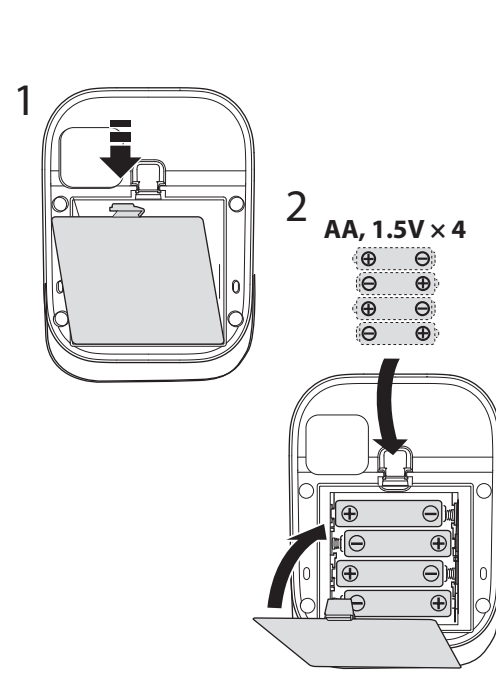
1 Package Contents

- 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 İçindekiler
- AR** محتويات العبوة



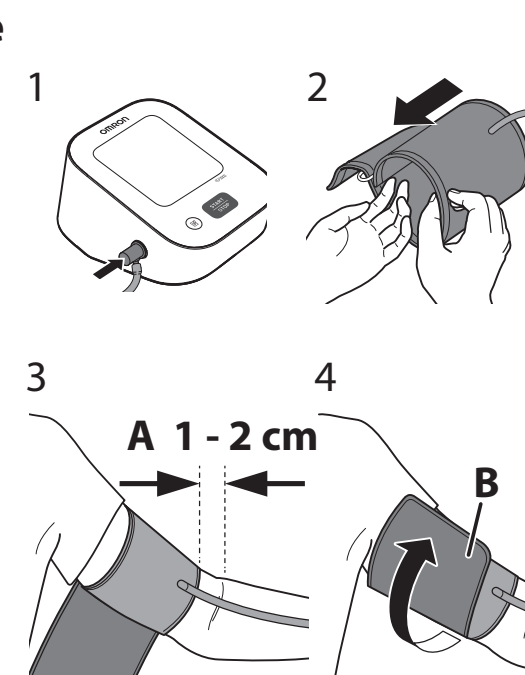
3 Inserting Batteries

- FR** Mise en place des piles
- DE** Einlegen der Batterien
- IT** Inserimento delle batterie
- ES** Introducción de las pilas
- NL** De batterijen plaatsen
- RU** Комплект поставки
- TR** Pillerin Takılması
- AR** إدخال البطاريات



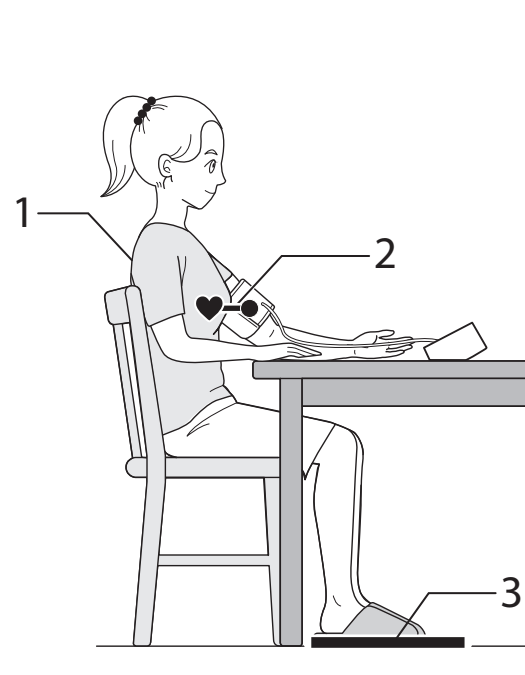
4 Applying the Arm Cuff

- FR** Pose du brassard
- DE** Anlegen der Manschette
- IT** Inserimento delle batterie
- ES** Colocación del manguito
- NL** De armanchet aanbrengen
- RU** Расположение манжеты на плече
- TR** Kolluğun Takılması
- AR** وضع الشريط الضاغط للذراع



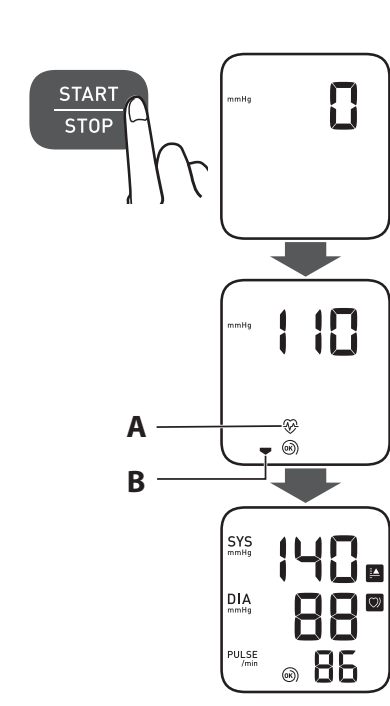
5 Sitting Correctly

- 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



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 Yapma
- AR** إجراء القياس



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
30 minutes avant
30 Minuten vorher
30 minuti prima
30 minutos antes
30 minuten ervoor
За 30 минут
30 dakika önce
قبل القياس بمدة تبلغ ٣٠ دقيقة



5 minutes before: Relax and rest.
5 minutes avant : détente et repos.
5 Minuten vorher: ruhig hinsetzen.
5 minuti prima: rilassarsi e stare a riposo.
5 minutos antes: relájese y descanse.
5 minuten ervoor: ontspan en rust.
За 5 минут до: расслабьтесь и отдохните.
5 dakika önce: Gevşeyin ve dinlenin.
قبل القياس بمدة تبلغ ٥ دقائق: استرخ واسترخ.



- A. Tube side of the cuff should be 1 - 2 cm above the inside of your elbow.**
 - B. Make sure that the air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.**
- A. Le côté tuyau du brassard doit être positionné 1 à 2 cm au-dessus de l'intérieur du coude.
B. S'assurer que le tuyau à air se trouve du côté intérieur du bras et enrouler fermement le brassard de manière qu'il ne puisse plus tourner.
- A. Das Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb der Innenseite Ihres Ellbogens liegen.
B. Stellen Sie sicher, dass der Luftschlauch an der Arminnenseite sitzt, und befestigen Sie die Manschette sicher, so dass sie nicht verrutscht.
- A. Il lato del bracciale con il tubo deve trovarsi al di sopra dell'interno del gomito, a una distanza di circa 1 o 2 cm.
B. Assicurarsi che il tubo dell'aria si trovi all'interno del braccio e avvolgere il bracciale saldamente in modo che non possa ruotare.
- A. El lado del tubo del manguito deberá quedar 1 o 2 cm por encima de la parte interna del codo.
B. Asegúrese de que el tubo de aire se encuentra en la cara interna del brazo y ajuste el manguito con firmeza para que no pueda deslizarse.

- A. De kant met de slang van de manchet moet 1-2 cm boven de binnenkant van uw elleboog liggen.
 - B. 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.
- A. Край манжеты с трубками должен находиться на 1–2 см выше локтевого сгиба.
B. Убедитесь, что воздуховодная трубка находится на внутренней стороне плеча, и плотно наложите манжету, чтобы она не перемещалась на руке.
- A. Kolluğun borulu tarafı, dirsek içinizin 1 ila 2 cm yukarisında olmalıdır.
B. Hava borusunun kolunuzun iç tarafında bulunduğundan emin olun ve kolluğu, kaymayacak şekilde sıkıca sarın.

A يجب أن يرتفع جانب الأنبوب من الشريط الضاغط من ١ إلى ٢ سم عن المرفق.
B تأكد من أن أنبوب الهواء على الجانب الداخلي من ذراعك، ولف الشريط الضاغط بإحكام بحيث لا ينزلق حول الذراع.

- Relax and sit comfortably. Remain still and do not talk.**
 - 1. Keep your back and arm supported.**
 - 2. Keep the arm cuff at the same level as your heart.**
 - 3. Keep your feet flat and your legs uncrossed.**
- Se relaxer et s'installer confortablement. Rester immobile et ne pas parler.
1. Maintenir le dos et le bras soutenus.
2. Maintenir le brassard au niveau du cœur.
3. Garder les pieds à plat et les jambes parallèles.
- Setzen Sie sich entspannt und bequem hin. Halten Sie still und sprechen Sie nicht.
1. Lehnen Sie sich mit dem Rücken an und legen Sie den Arm auf eine Unterlage.
2. Die Manschette sollte sich auf Herzhöhe befinden.
3. Stellen Sie die Füße flach auf den Boden und kreuzen Sie Ihre Beine nicht.
- Rilassarsi e sedersi comodamente. Rimanere fermi e non parlare.
1. Tenere la schiena e il braccio appoggiati bene.
2. Tenere il bracciale allo stesso livello del cuore.
3. Poggiare bene i piedi sul pavimento e non incrociare le gambe.
- Siéntese cómodamente y relájese. Quédese quieto y no hable.
1. Mantenga la espalda y el brazo bien apoyados.
2. Mantenga el manguito al mismo nivel que el corazón.
3. Mantenga los pies planos y las piernas sin cruzar.

- Ontspan en ga comfortabel zitten. Blijf stil zitten en praat niet.
 - 1. Houd uw rug en arm ondersteund.
 - 2. Houd de armanchet op hetzelfde niveau als uw hart.
 - 3. Zet uw voeten plat neer en kruis uw benen niet over elkaar.
- Расслабьтесь и сядьте удобно. Не двигайтесь и не разговаривайте.
1. Нужно, чтобы спина и рука опирались на что-либо.
2. Манжета должна находиться на уровне сердца.
3. Полностью поставьте ступни на пол, не кладите ногу на ногу.
- Gevşeyin ve rahat bir şekilde oturun. Hareket etmeyin ve konuşmayın.
1. Sirtınızı ve kolunuzu destekleyin.
2. Kolluğu kalbinizle aynı düzeyde tutun.
3. Ayaklarınızı düz tutun ve bacak bacak üstüne atmayın.
- استرخ في جملتك واسترخ تمامًا. ابق ساكنًا ولا تتحدث.
1. يجب أن يكون ظهرك وذراعك في وضع مستعاد.
2. يجب أن يكون الشريط الضاغط للذراع في نفس مستوى القلب.
3. حافظ على قدميك منبسطين وسايقك غير متقاطعتين.

- 1. Press the [START/STOP] button.**
 - A: Flashes at every heartbeat.**
 - B: Appears while the cuff is deflating.**
 - 2. The reading is saved automatically.**
1. Appuyer sur le bouton [START/STOP].
A : Clignote à chaque pulsation cardiaque.
B : Apparaît lorsque le brassard se dégonfle.
2. La mesure est enregistrée automatiquement.
1. Drücken Sie die [START/STOP]-Taste.
A: Blinkt bei jedem Herzschlag.
B: Wird während des Luftablassens aus der Manschette angezeigt.
- Der Messwert wird automatisch gespeichert.
1. Premere il pulsante [START/STOP].
A: lampeggia ad ogni battito cardiaco.
B: appare mentre il bracciale si sgonfia.
2. Il risultato viene salvato automaticamente.
1. Pulse el botón [START/STOP].
A: parpadea con cada latido.
B: aparece mientras el manguito se desinfla.
2. La lectura se guarda automáticamente.

- 1. Druk op de knop [START/STOP].
 - A: knippert bij elke hartslag.
 - B: verschijnt terwijl de manchet ontluft.
 - 2. De meting wordt automatisch opgeslagen.
1. Нажмите кнопку [START/STOP].
A: мигает при каждом сердечном сокращении.
B: отображается во время декомпрессии манжеты.
2. Значение сохраняется автоматически.
1. [START/STOP] düğmesine basın.
A: Her kalp atışında yanıp söner.
B: Kolluk söndüğü sırada görünür.
2. Ölçülen değer otomatik olarak kaydedilir.
1. اضغط على زر [START/STOP] (بدء/إيقاف).
A: يومض مع كل نبضة قلب.
B: يظهر أثناء تفريغ الشريط الضاغط.
2. يتم حفظ القراءة تلقائيًا.

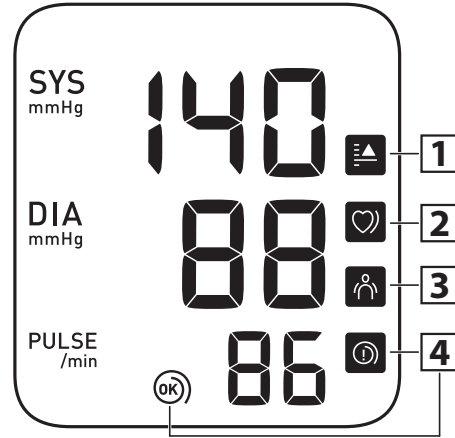
<p>Error messages or other problems?</p> <p>E1 Messages d'erreur ou autres problèmes ? Voir : Weitere Fehlermeldungen oder Probleme siehe: Messaggi di errore o altri problemi? Fare riferimento a: ¿Hay mensajes de error u otros problemas? Consulte:</p>	<p>Foutmeldingen of andere problemen? Raadpleeg: Сообщения об ошибках или другие неисправности? См. Hata mesajları veya başka sorunlar mı var? Bkz: رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:</p>
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Instruction Manual 1

7 Checking Readings

- FR Vérification des résultats
- DE Prüfen der Messwerte
- IT Controllo dei risultati
- ES Comprobación de lecturas
- NL Metingen bekijken
- RU Проверка значений
- 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. S'affiche si la valeur « SYS » est supérieure ou égale à 135 mmHg et/ou si la valeur « DIA » est supérieure ou égale à 85 mmHg*. Wird angezeigt, wenn „SYS“ 135 mmHg oder mehr beträgt und/oder wenn „DIA“ 85 mmHg* oder mehr beträgt.	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*. Aparece si "SIS" es 135 mmHg o superior y/o "DIA" es 85 mmHg* o superior. Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg* of hoger is. تظهر إذا كان "SYS" يبلغ ١٣٥ ملليمترًا زنيقيًا أو أكثر و/أو "DIA" يبلغ ٨٥ ملليمترًا زنيقيًا أو أكثر.	Отображается, если систолическое артериальное давление SYS 135 мм рт. ст. или выше и/или диастолическое артериальное давление DIA 85 мм рт. ст.* или выше. "SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg* ya da üstünde olduğunda görünür. تظهر إذا كان "SYS" يبلغ ١٣٥ ملليمترًا زنيقيًا أو أكثر و/أو "DIA" يبلغ ٨٥ ملليمترًا زنيقيًا أو أكثر.
2	Appears when an irregular rhythm** is detected during a measurement. If it continues to appear, consulting with your physician is recommended. S'affiche lorsqu'un rythme irrégulier** est détecté pendant une mesure. S'il continue d'apparaître, il est recommandé de contacter un médecin. Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag** festgestellt wird. Wird das Symbol weiterhin angezeigt, sollten Sie sich an einen Arzt wenden.	Viene visualizzato se nel corso di una misurazione viene rilevato un ritmo cardiaco irregolare**. Se il simbolo continua ad apparire, è consigliabile consultare il medico curante. Aparece cuando se detecta un ritmo irregular** durante una medición. Si esto sigue apareciendo, le recomendamos que consulte a su médico. Verschijnt wanneer tijdens een meting een onregelmatig ritme** wordt gedetecteerd. Als het blijft verschijnen, is het raadzaam uw arts te raadplegen.	Отображается, если во время измерения определяется нерегулярный ритм**. Если продолжает отображаться, обратитесь к своему лечащему врачу. Bir ölçüm esnasında düzensiz ritim** saptandığında görünür. Görüntülenmeye devam ederse doktorunuza danışmanız önerilir. تظهر عند اكتشاف عدم انتظام ضربات القلب** في أثناء عملية القياس. إذا استمرت في الظهور، يُوصى باستشارة طبيبك المختص.

3 Alerts you of any body movement that will affect the blood pressure readings. Remove the arm cuff, wait 2-3 minutes and try again.
Vous avertit en cas de mouvement du corps affectant les mesures de pression artérielle. Retirez le brassard, attendez 2 à 3 minutes et essayez à nouveau. Warnt bei Körperbewegungen, welche die Blutdruckmessung beeinträchtigen. Nehmen Sie die Manschette ab, warten Sie 2–3 Minuten und versuchen Sie es erneut.

Avviso di eventuali movimenti del corpo che potrebbero influire sul risultato della pressione arteriosa. Rimuovere il bracciale, attendere 2 - 3 minuti e riprovare. Le avisa de cualquier movimiento corporal que pueda afectar a la lectura de la presión arterial. Retire el manguito, espere unos 2 o 3 minutos e inténtelo de nuevo. Waarschuwt u bij elke lichaamsbeweging die de bloeddrukmeting kan beïnvloeden. Verwijder de armanchet, wacht 2-3 minuten en probeer het opnieuw.

Предупреждает о каждом движении тела, которое может повлиять на значение артериального давления. Снимите манжету, подождите 2-3 минуты и попробуйте еще раз. Kan basıncı ölçüm değerlerini etkileyecek vücut hareketleri konusunda sizi uyarır. Kolluğu çıkarın, 2 - 3 dakika bekleyip tekrar deneyin.
يُنبيهك إلى أية حركة للجسم سوف تؤثر على قراءات ضغط الدم. قم بإزالة الشريط الضاغط للذراع وانظر من ٢ إلى ٣ دقائق وحاول مرة أخرى.

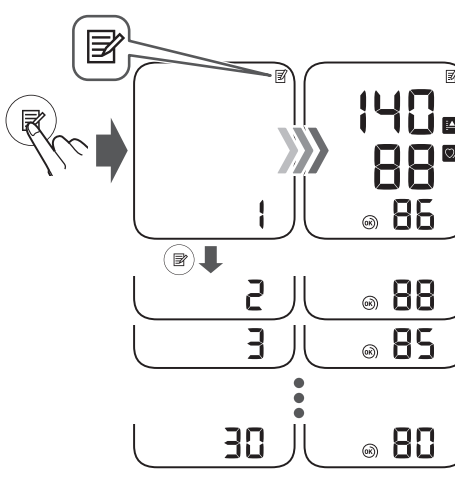
4 The cuff is tight enough. Le brassard est suffisamment serré.
Die Manschette sitzt ausreichend straff. Il bracciale è stretto a sufficienza. De manchet zit strak genoeg. Манжета зафиксирована плотно. Kolluk yeterince sikidir. الشريط الضاغط محكم بما يكفي.

4 Apply the cuff again MORE TIGHTLY.
Poser à nouveau le brassard en le serrant davantage. Ziehan Sie die Manschette STRAFFER. Applicare di nuovo il bracciale STRINGENDOLO DI PIÙ. Vuelva a ajustarse el manguito MÁS PRIETO. Breg de manchet STRAKKER aan.

Еще раз наложите манжету БОЛЕЕ ПЛОТНО. Kolluğu tekrar DAHA SIKI bir şekilde takın. قمر بلف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.

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



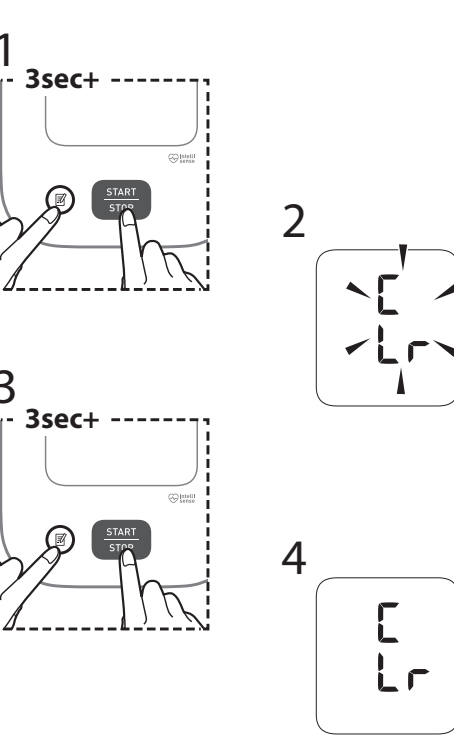
- FR Mesures stockées en mémoire
- DE Gespeicherte Messwerte
- IT Risultati conservati in memoria
- ES Lecturas guardadas en la memoria
- NL Metingen opgeslagen in het geheugen
- RU Сохранение результатов в памяти
- TR Hafızaya Kaydedilen Değerler
- AR تم تخزين القراءات في الذاكرة

Stores up to 30 readings. Mémorise jusqu'à 30 résultats. Es werden bis zu 30 Messwerte gespeichert. Conserva fino a 30 risultati. Almacena hasta 30 lecturas. Slaat tot maximaal 30 metingen op. Сохраняется до 30 результатов. 30 adede kadar ölçüm değeri saklar. تقوم بتخزين ما يصل إلى ٣٠ قراءة.

Pressing and holding will scroll through the previous reading rapidly. Une pression prolongée permet de faire défiler rapidement les mesures précédentes. Wenn Sie die Taste gedrückt halten, blättern Sie im Schnelldurchlauf durch die vorherigen Messwerte. Premere e mantenere premuto per scorrere rapidamente i risultati precedenti. Si se mantiene pulsado, se desplazará rápidamente a la lectura anterior. Door ingedrukt te houden, bladert u snel door de vorige meting. Нажмите и удерживайте, чтобы быстро прокрутить предыдущие значения. Basılı tutulması, önceki ölçüm değerleri arasında hızlı bir şekilde ilerlemeyi sağlar. سيؤدي الضغط مع الاستمرار إلى التمرير عبر القراءة السابقة بسرعة.

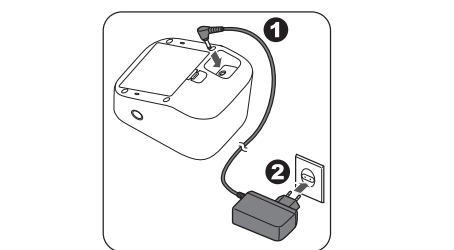
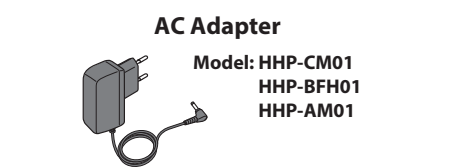
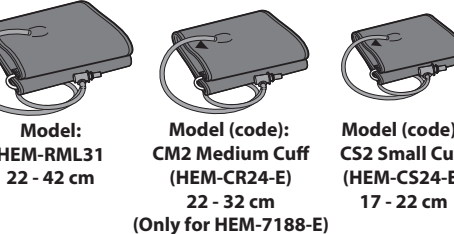
9 Restoring to the Default Settings

- 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 Accessories

- FR Accessoires en option
- DE Optionales Zubehör
- IT Accessori opzionali
- ES Accesorios opcionales
- NL Optionele accessoires
- RU Принадлежности, приобретаемые дополнительно (аксессуары)
- TR İsteğe Bağlı Aksesuarlar
- AR الملحقات الاختيارية



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. Do not inflate above 299 mmHg.
Si votre pression systolique est supérieure à 210 mmHg : lorsque le brassard commence à se gonfler, appuyez sur le bouton [START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre gonfle 30 à 40 mmHg au-dessus de votre pression systolique attendue. Ne pas gonfler à plus de 299 mmHg. Wenn Ihr systolischer Druck höher ist als 210 mmHg: Halten Sie die Taste [START/STOP] gedrückt, sobald die Manschette aufgepumpt wird, bis das Gerät die Manschette um 30 bis 40 mmHg höher als Ihr erwarteter systolischer Blutdruck aufpumpt. Die Manschette darf nicht auf über 299 mmHg aufgepumpt werden. Se la propria pressione sistolica è superiore a 210 mmHg: non appena il bracciale inizia a gonfiarsi, premere e tenere premuto il pulsante [START/STOP] finché il misuratore non abbia gonfiato il bracciale fino a 30-40 mmHg in più rispetto al valore di pressione sistolica atteso. Non gonfiare a una pressione superiore a 299 mmHg. Si su presión arterial sistólica es superior a 210 mmHg: después de que se infle el manguito, mantenga pulsado el botón [START/STOP] hasta que el monitor alcance entre 30 y 40 mmHg por encima de su presión arterial sistólica prevista. No infle el manguito por encima de 299 mmHg. Als uw systolische druk hoger is dan 210 mmHg, moet u zodra de armanchet wordt opgeblazen de [START/STOP]-knop indrukken en ingedrukt houden totdat de meter is opgeblazen tot een druk die 30 tot 40 mmHg hoger is dan uw verwachte systolische druk. Blaas de manchet niet verder op dan tot 299 mmHg. Если Ваше систолическое давление обычно превышает 210 мм рт. ст.: после начала нагнетания в манжету воздуха нажмите и удерживайте кнопку [START/STOP], пока показание прибора не превысит ожидаемое предполагаемое систолическое давление на 30-40 мм рт. ст. Манжету нужно наполнять воздухом так, чтобы давление в ней не превышало 299 мм рт. ст. Систолик basıncınız 210 mmHg'den yüksek olduğunda: Kolluk şişmeye başladıktan sonra [START/STOP] düğmesine basın ve ölçüm cihazı beklediğiniz sistolik basınç değerinden 30 ila 40 mmHg daha fazla şişene kadar düğmeyi basılı tutun. Şişirirken 299 mmHg değerinin üzerine çıkmayın. إذا كان ضغط الدم الانقباضي أكثر من ٢١٠ ملليمترات زنيقية: بعد بدء انتفاخ الشريط الضاغط للذراع، اضغط مع الاستمرار على الزر [START/STOP] حتى يقوم الجهاز بالنفخ من ٣٠ إلى ٤٠ ملليمترًا زنيقيًا أعلى من قيمة ضغط الدم الانقباضي المتوقع. لا تتفخ الهواء فوق ٢٩٩ ملليمترًا زنيقيًا.

Do not throw the air plug away. The air plug can be applicable to the optional cuff. Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option. Entsorgen Sie den Luftschlauchstecker nicht. Der Luftschlauchstecker wird für die optionale Manschette verwendet. Non gettare via l'attacco del tubo dell'aria. L'attacco del tubo dell'aria può essere applicato al bracciale opzionale. No tire el conector para tubo de aire. El conector para tubo de aire puede ser utilizado con el manguito opcional. Gooi de plug van de luchtslang niet weg. De plug van de luchtslang kan worden gebruikt op de optionele manchet. Не выбрасывайте воздушный штекер. Он может подойти к дополнительной манжете. Hava tırasını atmayın. Hava tırası isteğe bağlı kolluğa uygulanabilir. لا تتخلص من سداة الهواء. يمكن استعمال سداة الهواء مع الشريط الضاغط الاختياري.

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