

## Automatic Upper Arm Blood Pressure Monitor M2 Basic (HEM-7121J-E) X2 Basic (HEM-7121J-EO)

### 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 die Gebrauchsanweisung ① und ②.

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

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

**RU** Прочтите руководство по эксплуатации ① и ② перед использованием.

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

**PL** Przed rozpoczęciem korzystania z ciśnieniomierza należy przeczytać instrukcję obsługi ① i ②.

**PT** Leia o Manual de instruções ① e ② antes de utilizar.

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

EN

FR

DE

IT

ES

RU

TR

PL

PT

AR

Symbols

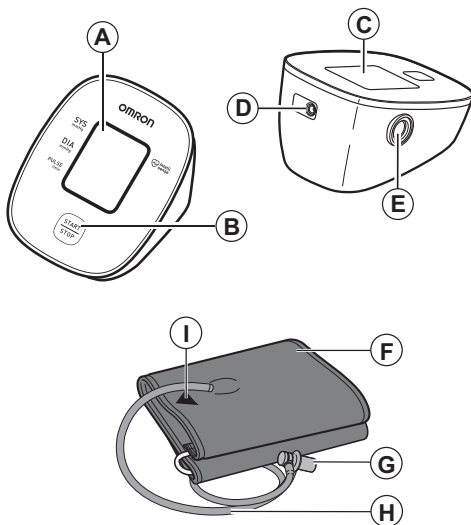
Symbols / Symbole / Simboli / Símbolos /  
Символы / Semboller / Symbole /  
Símbolos / الرمز

## Overview

**FR** Présentation générale  
**DE** Überblick  
**IT** Presentazione del prodotto  
**ES** Descripción general

**RU** Описание прибора  
**TR** Genel Bakış  
**PL** Przegląd  
**PT** Descrição geral

نظرة عامة **AR**



|          |                                                                                                                                                                                                                                                                                                                                                                            |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A</b> | <b>Display</b><br><b>FR</b> Affichage<br><b>DE</b> Display<br><b>IT</b> Display<br><b>ES</b> Pantalla<br><b>RU</b> Дисплей<br><b>TR</b> Ekran<br><b>PL</b> Wyświetlacz<br><b>PT</b> Visor<br><b>AR</b> الشاشة                                                                                                                                                              |
| <b>B</b> | <b>[START/STOP] button</b><br><b>FR</b> Bouton [START/STOP]<br><b>DE</b> [START/STOP]-Taste<br><b>IT</b> Pulsante [START/STOP]<br><b>ES</b> Botón [START/STOP]<br><b>RU</b> Кнопка [START/STOP]<br><b>TR</b> [START/STOP] düğmesi<br><b>PL</b> Przycisk [START/STOP]<br><b>PT</b> Botão [START/STOP]<br><b>AR</b> [START/STOP] زر                                          |
| <b>C</b> | <b>Battery compartment</b><br><b>FR</b> Compartiment des piles<br><b>DE</b> Batteriefach<br><b>IT</b> Alloggiamento batterie<br><b>ES</b> Compartimento de las pilas<br><b>RU</b> Отсек для элементов питания<br><b>TR</b> Pil bölümü<br><b>PL</b> Komora baterii<br><b>PT</b> Compartimento das pilhas<br><b>AR</b> حجرة البطاريات                                        |
| <b>D</b> | <b>AC adapter jack</b><br><b>FR</b> Prise pour l'adaptateur secteur<br><b>DE</b> Netzteilanschluss<br><b>IT</b> Presa per alimentatore CA<br><b>ES</b> Toma del adaptador de CA<br><b>RU</b> Гнездо адаптера переменного тока<br><b>TR</b> AC adaptörü prizi<br><b>PL</b> Gniazdko zasilacza<br><b>PT</b> Entrada do adaptador de CA<br><b>AR</b> مقبس مهبط التيار المتردد |

|          |                 |                                       |                                      |
|----------|-----------------|---------------------------------------|--------------------------------------|
| <b>E</b> | <b>Air jack</b> | <b>FR</b> Prise à air                 | <b>RU</b> Воздушное гнездо           |
|          |                 | <b>DE</b> Luftschauchbuchse           | <b>TR</b> Hava jakı                  |
|          |                 | <b>IT</b> Presa per il tubo dell'aria | <b>PL</b> Przyłącze powietrza        |
|          |                 | <b>ES</b> Toma de aire                | <b>PT</b> Tomada de ar               |
|          |                 | <b>AR</b> مقبس خرطوم الهواء           |                                      |
| <b>F</b> | <b>Arm cuff</b> | <b>FR</b> Brassard                    | <b>RU</b> Манжета                    |
|          |                 | <b>DE</b> Manschette                  | компрессионная                       |
|          |                 | <b>IT</b> Bracciale                   | <b>TR</b> Kolluk                     |
|          |                 | <b>ES</b> Manguito                    | <b>PL</b> Mankiet                    |
|          |                 |                                       | <b>PT</b> Braçadeira                 |
|          |                 | <b>AR</b> الشريط الضاغط للزراع        |                                      |
| <b>G</b> | <b>Air plug</b> | <b>FR</b> Prise de gonflage           | <b>RU</b> Воздушный штекер           |
|          |                 | <b>DE</b> Luftschauchstecker          | <b>TR</b> Hava tapası                |
|          |                 | <b>IT</b> Attacco del tubo dell'aria  | <b>PL</b> Wtyczka przewodu powietrza |
|          |                 | <b>ES</b> Conector para tubo de aire  | <b>PT</b> Ficha de ar                |
|          |                 | <b>AR</b> قابس خرطوم الهواء           |                                      |
| <b>H</b> | <b>Air tube</b> | <b>FR</b> Tuyau à air                 | <b>RU</b> Воздуховодная              |
|          |                 | <b>DE</b> Luftschauch                 | трубка                               |
|          |                 | <b>IT</b> Tubo dell'aria              | <b>TR</b> Hava borusu                |
|          |                 | <b>ES</b> Tubo de aire                | <b>PL</b> Przewód powietrza          |
|          |                 |                                       | <b>PT</b> Tubo de ar                 |
|          |                 | <b>AR</b> خرطوم الهواء                |                                      |

|          |               |                         |                    |
|----------|---------------|-------------------------|--------------------|
| <b>I</b> | <b>Marker</b> | <b>FR</b> Marque        | <b>RU</b> Маркер   |
|          |               | <b>DE</b> Markierung    | <b>TR</b> İşaretçi |
|          |               | <b>IT</b> Contrassegno  | <b>PL</b> Znacznik |
|          |               | <b>ES</b> Marcador      | <b>PT</b> Marcador |
|          |               | <b>AR</b> علامة التحديد |                    |

## 1. Introduction

Thank you for purchasing the OMRON 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.

### 1.1 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.**

### 1.2 Intended Use

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

### 1.3 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.

## 2. 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.



### 2.1 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 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 (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 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.



### 2.2 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 or lymph node clearance.
- 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 6.
- 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 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 6.
- DO NOT use this monitor after the durable period has ended. Refer to section 6.
- DO NOT crease 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.
- ONLY use the AC adapter, arm cuff, batteries and accessories specified for this monitor. Use of unsupported 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.
- Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied. NOTE: refer to "If your systolic pressure is more than 210 mmHg" in section 6 of instruction manual ② for additional information.
- Read and follow the "Correct Disposal of This Product" in section 7 when disposing of the device and any used accessories or optional parts.

### 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 cable:
  - Do not damage it. / Do not break it. / Do not tamper with it.
  - DO NOT pinch it. / Do not forcibly bend or pull it. / Do not twist it.
  - DO NOT use it if it is gathered in a bundle.
  - DO NOT place it under heavy objects.
- Wipe any dust off of the AC adapter.
- Unplug the AC adapter when not in use.
- Unplug the AC adapter before cleaning this monitor.

### Battery Handling and Usage

- 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.

## 2.3 General Precautions

- When you take a measurement on the right arm, the air tube should be at the side of your elbow. Be careful not to rest your arm on the air tube.



- Blood pressure may differ between the right and left arm, and may result in a different measurement value. Always use the same arm for measurements. If the values between both arms differ substantially, check with your physician on which arm to use for your measurements.
- When using an optional AC adapter, make sure not to place your monitor in a location where it is difficult to plug and unplug the AC adapter.

### Battery Handling and Usage

- Disposal of used batteries should be carried out in accordance with local regulations.
- The supplied batteries may have a shorter life span than new batteries.

Remember to have a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. Please use the Blood Pressure Diary to keep records of several readings over a certain period of time. To download PDF files of the diary, visit [www.omron-healthcare.com](http://www.omron-healthcare.com).

### 3. 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                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  appears or the arm cuff does not inflate.                                 | The [START/STOP] button was pressed while the arm cuff is not applied.                | Press the [START/STOP] button again to turn the monitor off. After inserting the air plug securely and applying the arm cuff correctly, press the [START/STOP] button.                                                                                                                                                                    |
|                                                                                                                                                            | 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 (2).                                                                                                                                                                                                                                |
|                                                                                                                                                            | Air is leaking from the arm cuff.                                                     | Replace the arm cuff to the new one. Refer to section 9 of instruction manual (2).                                                                                                                                                                                                                                                        |
|  appears or a measurement cannot be completed after the arm cuff inflates. | You move or talk during a measurement and the arm cuff does not inflate sufficiently. | Remain still and do not talk during a measurement. If “E2” appears repeatedly, inflate the arm cuff manually until the systolic pressure is 30 to 40 mmHg above your previous readings. Refer to section 6 of instruction manual (2).                                                                                                     |
|                                                                                                                                                            | Due to the systolic pressure is above 210 mmHg, a measurement cannot be taken.        |                                                                                                                                                                                                                                                                                                                                           |
|  appears                                                                   | 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 (2).                                                                                                                                                                          |
|  appears                                                                   | You move or talk during a measurement. Vibrations disrupt a measurement.              | Remain still and do not talk during a measurement.                                                                                                                                                                                                                                                                                        |
|  appears                                                                   | The pulse rate is not detected correctly.                                             | Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual (2). Remain still and sit correctly during a measurement. If the “  ” symbol continues to appear, we recommend you to consult with your physician. |
|  appears                                                                   |                                                                                       |                                                                                                                                                                                                                                                                                                                                           |
|  does not flash during a measurement                                       |                                                                                       |                                                                                                                                                                                                                                                                                                                                           |

| Display/Problem                                                                                                                                          | Possible Cause                                                                                                                                                                                                                                                                       | Solution                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
|  appears                                                                 | The monitor has malfunctioned.                                                                                                                                                                                                                                                       | Press the [START/STOP] button again. If “Er” still appears, contact your OMRON retail outlet or distributor. |
|  appears                                                                | Batteries are low.                                                                                                                                                                                                                                                                   | Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual (2).        |
|  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 (2).             |
| Nothing appears on the display of the monitor.                                                                                                           | Battery polarities are not properly aligned.                                                                                                                                                                                                                                         | Check the battery installation for proper placement. Refer to section 3 of instruction manual (2).           |
| Readings appear too high or too low.                                                                                                                     | 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 (2).                                                                                         |                                                                                                              |
| Any other problem occurs.                                                                                                                                | 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. If the problem still persists, contact your OMRON retail outlet or distributor. |                                                                                                              |

## 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 every 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 of warranty OMRON will, without charge for labour or parts, repair or replace the defect product or any defective parts.

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 (those 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](http://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 consumer by the retailer.

## 5. Maintenance

### 5.1 Maintenance

To protect your monitor from damage, follow the directions below: Changes or modifications not approved by the manufacturer will void the user warranty.

### Caution

DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

### 5.2 Storage

- Store your monitor and other components in a clean, safe location.
- Do not store your monitor and other components:
  - If your monitor and other components are wet.
  - In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
  - In locations exposed to vibrations or shocks.

### 5.3 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.

### 5.4 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 authorised OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

## 6. Specifications

|                                              |                                                                                                            |                                         |                                  |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------|----------------------------------|
| Product description                          | Automatic Upper Arm Blood Pressure Monitor                                                                 |                                         |                                  |
| Product category                             | Electronic Sphygmomanometers                                                                               |                                         |                                  |
| Model (code)                                 | M2 Basic (HEM-7121J-E)<br>X2 Basic (HEM-7121J-EO)                                                          | Display                                 | LCD digital display              |
| Cuff pressure range                          | 0 to 299 mmHg                                                                                              | Pulse measurement range                 | 40 to 180 beats / min.           |
| Blood pressure measurement range             | 20 to 280 mmHg                                                                                             |                                         |                                  |
| Accuracy                                     | Pressure: $\pm 3$ mmHg / Pulse: $\pm 5\%$ of display reading                                               |                                         |                                  |
| Inflation                                    | Automatic by electric pump                                                                                 | Deflation                               | Automatic pressure release valve |
| Measurement method                           | Oscillometric method                                                                                       | Operating mode                          | Continuous operation             |
| IP classification                            | Monitor: IP20 / Optional AC adapter: IP21 (HHP-CM01) or IP22 (HHP-BFH01)                                   |                                         |                                  |
| Rating                                       | DC6 V 4.0 W                                                                                                | Applied part                            | Type BF (arm cuff)               |
| Power source                                 | 4 "AA" batteries 1.5 V or optional AC adapter<br>(INPUT AC 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)          |                                         |                                  |
| Battery life                                 | Approximately 1000 measurements (using new alkaline batteries)                                             |                                         |                                  |
| Durable period (Service life)                | Monitor: 5 years / 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)                                                              |                                         |                                  |
| Contents                                     | Monitor, arm cuff (HEM-CR24), 4 "AA" batteries, Instruction Manual ① and ②                                 |                                         |                                  |
| Protection against electric shock            | Internally powered ME equipment (when using only batteries)<br>Class II ME equipment (optional AC adapter) |                                         |                                  |
| Weight                                       | Monitor: approximately 250 g (not including batteries) / Arm cuff: approximately 130 g                     |                                         |                                  |
| Dimensions (approximately value)             | Monitor: 108 mm (W) × 83 mm (H) × 140 mm (L)<br>Arm cuff: 145 mm × 466 mm (air tube: 610 mm)               |                                         |                                  |
| Cuff circumference applicable to the monitor | 170 to 420 mm<br>(included arm cuff: (220 to 320 mm))                                                      | Maximum temperature of the applied part | Lower than 48 °C                 |
| Memory                                       | Last measurement                                                                                           |                                         |                                  |

### Note

- These specifications are subject to change without notice.
- This monitor is clinically investigated according to the requirements of EN ISO 81060-2:2014 and complies with EN ISO 81060-2:2014 and EN ISO 81060-2:2019 + A1:2020 (excluding pregnant and pre-eclampsia patients). In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.
- IP classification is degrees 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-BFH01 is protected against oblique falling water drops which may cause issues during a normal operation.
- Operating mode is classification in accordance with IEC 60601-1.

## 7. 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.



## 8. Important Information Regarding Electromagnetic Compatibility (EMC)

HEM-7121J-E 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](http://www.omron-healthcare.com)

Refer to the EMC information for HEM-7121J-E on the website.

## 9. 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.
- This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd., Japan. The Core component for OMRON blood pressure monitors, which is the Pressure Sensor, is produced in Japan.
- 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.

## 10. Classification of BP (Blood Pressure)

### 2018 ESH/ESC\* Guidelines for the management of arterial hypertension

Definitions of hypertension by office and home blood pressure levels

|                          | Office     | Home       |
|--------------------------|------------|------------|
| Systolic Blood Pressure  | ≥ 140 mmHg | ≥ 135 mmHg |
| Diastolic Blood Pressure | ≥ 90 mmHg  | ≥ 85 mmHg  |

These ranges are from statistical values for blood pressure.

\* European Society of Hypertension (ESH) and European Society of Cardiology (ESC).

## Warning

NEVER diagnose or treat yourself based on your readings.

ALWAYS consult with your physician.

## Symbols Description

**FR** Description des symboles  
**DE** Beschreibung der Symbole  
**IT** Descrizione dei simboli  
**ES** Descripción de los símbolos

**RU** Описание символов  
**TR** Simgelerin Açıklaması  
**PL** Opis symboli  
**PT** Descrição dos símbolos

**AR** شرح الرموز



### 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 Strom-  
 schlägen (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** Рабочая часть аппарата  
 - Степень защиты от  
 поражения электрическим  
 током (токи утечки) Тип BF

**TR** Uygulanan parça - Tip BF  
 Elektrik çarpmasına karşı  
 koruma derecesi (kaçak akım)

**PL** Część wchodząca w  
 kontakt z ciałem pacjenta  
 — typu BF (stopień ochrony  
 przed porażeniem prądem  
 (prąd upływu))

**PT** Parte aplicada - Tipo BF  
 Grau de proteção contra  
 choques elétricos (corrente  
 de fuga)

**AR** الجزء المطبق: درجة الحماية  
 ضد الصدمات الكهربائية (التيار  
 المتسرب) للنوع BF



### Class II equipment.

#### Protection against electric shock

**FR** Équipement de classe II.  
 Protection contre les chocs  
 électriques

**DE** Gerät der Klasse II.  
 Schutz vor Stromschlägen

**IT** Apparecchiatura di  
 Classe II. Protezione contro le  
 folgorazioni

**ES** Equipo de Clase II.  
 Protección contra descargas  
 eléctricas

**RU** Изделие класса II  
 Защита от поражения  
 электрическим током

**TR** Sınıf II ünite. Elektrik  
 çarpmasına karşı koruma

**PL** "Urządzenie klasy II.  
 Ochrona przed porażeniem  
 prądem"

**PT** Equipamento da  
 Classe II. Proteção contra  
 choques elétricos

**AR** جهاز من الفئة II الحماية ضد  
 الصدمات الكهربائية

IP XX

### Ingress protection degree provided by IEC 60529

**FR** Degré de protection  
 selon CEI 60529

**DE** Grad des Eindring-  
 schutzes gemäß IEC 60529

**IT** Livello di protezione IP  
 in base a IEC 60529

**ES** Grado de protección  
 según la norma internacional  
 IEC 60529

**RU** Степень защиты,  
 обеспечиваемая  
 оболочками, согласно  
 IEC 60529

**TR** Su girmesine karşı  
 koruma derecesi IEC 60529  
 tarafından verilmiştir

**PL** Stopień ochrony wg  
 IEC 60529

**PT** Grau de proteção  
 contra entradas indicado  
 pela IEC 60529

**AR** درجة حماية الدخول المقدمة  
 بواسطة معيار IEC 60529

|             |                                                                                                                                                                                                                                                                                                        |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CE</b>   | <b>CE Marking</b><br><b>FR</b> Marquage CE<br><b>DE</b> CE-Kennzeichnung<br><b>IT</b> Contrassegno CE<br><b>ES</b> Marcado CE<br><b>RU</b> Знак соответствия директиве EC<br><b>TR</b> CE İşareti<br><b>PL</b> Oznaczenie CE<br><b>PT</b> Marca CE<br><b>AR</b> علامة التوافق مع اللجنة الأوروبية (CE) |
| <b>UKCA</b> | <b>UKCA Marking</b><br><b>FR</b> Marquage UKCA<br><b>DE</b> UKCA-Kennzeichnung<br><b>IT</b> Marchio UKCA<br><b>ES</b> Marcado UKCA<br><b>RU</b> Маркировка UKCA<br><b>TR</b> UKCA İşareti<br><b>PL</b> Oznaczenie UKCA<br><b>PT</b> Marca UKCA<br><b>AR</b> علامة UKCA                                 |
| <b>SN</b>   | <b>Serial number</b><br><b>FR</b> Numéro de série<br><b>DE</b> Seriennummer<br><b>IT</b> Numero di serie<br><b>ES</b> Número de serie<br><b>RU</b> Серийный номер<br><b>TR</b> Seri numarası<br><b>PL</b> Numer serii<br><b>PT</b> Número de série<br><b>AR</b> الرقم المتسلسل                         |
| <b>LOT</b>  | <b>LOT number</b><br><b>FR</b> Numéro de LOT<br><b>DE</b> LOT-Nummer<br><b>IT</b> Numero di lotto<br><b>ES</b> Número de lote<br><b>RU</b> Код (номер) партии<br><b>TR</b> Parti numarası<br><b>PL</b> Numer partii<br><b>PT</b> Número de LOTE<br><b>AR</b> رقم التشغيل                               |

|                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>UDI</b>                                                                        | <b>Unique device identifier</b><br><b>FR</b> Identification unique des dispositifs<br><b>DE</b> Produktidentifizierungsnummer<br><b>IT</b> Identificatore univoco del dispositivo<br><b>ES</b> Identificador único del dispositivo<br><b>RU</b> Уникальный идентификатор устройства<br><b>TR</b> Benzersiz cihaz tanımlayıcısı<br><b>PL</b> Unikatowy identyfikator urządzenia<br><b>PT</b> Identificador único do dispositivo<br><b>AR</b> معرف الجهاز الفريد |
| <b>MD</b>                                                                         | <b>Medical device</b><br><b>FR</b> Dispositif médical<br><b>DE</b> Medizinprodukt<br><b>IT</b> Dispositivo medico<br><b>ES</b> Producto sanitario<br><b>RU</b> Медицинский прибор<br><b>TR</b> Tıbbi cihaz<br><b>PL</b> Wyrób medyczny<br><b>PT</b> Dispositivo médico<br><b>AR</b> جهاز طبي                                                                                                                                                                   |
|  | <b>Temperature limitation</b><br><b>FR</b> Limitation de température<br><b>DE</b> Temperaturbegrenzung<br><b>IT</b> Limite di temperatura<br><b>ES</b> Limitación de la temperatura<br><b>RU</b> Температурный диапазон<br><b>TR</b> Sıcaklık sınırlaması<br><b>PL</b> Ograniczenia dot. temperatury<br><b>PT</b> Limite de temperatura<br><b>AR</b> حدود درجة الحرارة المناسبة                                                                                |
|  | <b>Humidity limitation</b><br><b>FR</b> Limitation d'humidité<br><b>DE</b> Luftfeuchtigkeitsbegrenzung<br><b>IT</b> Limite di umidità<br><b>ES</b> Limitación de la humedad<br><b>RU</b> Диапазон влажности<br><b>TR</b> Nem sınırlaması<br><b>PL</b> Ograniczenia dot. wilgotności<br><b>PT</b> Limite de humidade<br><b>AR</b> حدود الرطوبة المناسبة                                                                                                         |

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|   | <b>Atmospheric pressure limitation</b><br><b>FR</b> Limitation de pression atmosphérique<br><b>DE</b> Luftdruckbegrenzung<br><b>IT</b> Limite di pressione atmosferica<br><b>ES</b> Limitación de la presión atmosférica<br><b>RU</b> Ограничение атмосферного давления<br><b>TR</b> Atmosferik basınç sınırlaması<br><b>PL</b> Ograniczenia dot. ciśnienia atmosferycznego<br><b>PT</b> Limite de pressão atmosférica<br><b>AR</b> حدود الضغط الجوي المناسب               |
|  | <b>Indication of connector polarity</b><br><b>FR</b> Indication de la polarité des connecteurs<br><b>DE</b> Anzeige der Steckerpolarität<br><b>IT</b> Indicazione della polarità dei connettori<br><b>ES</b> Indicación de la polaridad del conector<br><b>RU</b> Полярность разъема адаптера<br><b>TR</b> Bağlantı polarite göstergesi<br><b>PL</b> Oznaczenie biegunowości złącza<br><b>PT</b> Indicação da polaridade do conector<br><b>AR</b> علامة تشير لقطبية الموصل |
|  | <b>For indoor use only</b><br><b>FR</b> Pour un usage à l'intérieur uniquement<br><b>DE</b> Nur für die Nutzung in Innenbereichen<br><b>IT</b> Solo per uso in interni<br><b>ES</b> Para uso solo en interiores<br><b>RU</b> Для использования только внутри помещений<br><b>TR</b> Sadece iç mekanda kullanım için<br><b>PL</b> Wyłącznie do użytku wewnętrznego<br><b>PT</b> Apenas para utilização em interior<br><b>AR</b> صالح للاستخدام في المناطق المغلقة فقط       |

|                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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|  <b>IntelliSense</b> | <b>OMRON's trademarked technology for blood pressure measurement</b><br><b>FR</b> Technologie protégée par la marque de commerce OMRON pour la mesure de la pression artérielle<br><b>DE</b> Markenrechtlich geschützte Technologie von OMRON zur Blutdruckmessung<br><b>IT</b> Tecnologia brevettata OMRON per la misurazione della pressione arteriosa<br><b>ES</b> La tecnología de OMRON para medir la presión arterial<br><b>RU</b> Зарегистрированная технология измерения артериального давления OMRON<br><b>TR</b> OMRON'un kan basıncı ölçümü için ticari markalı teknolojisi<br><b>PL</b> Opatrzona znakiem towarowym technologia firmy Omron dotycząca pomiaru ciśnienia krwi<br><b>PT</b> Tecnologia protegida por marca comercial da OMRON para a medição da tensão arterial<br><b>AR</b> تقنية العلامة التجارية OMRON لقياس ضغط الدم |
|                    | <b>Identifier of cuffs compatible for the device</b><br><b>FR</b> Identificateur des brassards compatibles avec l'appareil<br><b>DE</b> Kennzeichnung der mit dem Gerät kompatiblen Manschetten<br><b>IT</b> Identifica i bracciali compatibili con il dispositivo<br><b>ES</b> Identificador para manguitos compatibles con el dispositivo<br><b>RU</b> Манжеты совместимые с устройством<br><b>TR</b> Cihaz ile uyumlu kollukların tanıtım işareti<br><b>PL</b> Sposób identyfikacji mankietów zgodnych z urządzeniem<br><b>PT</b> Identificador de braçadeiras compatíveis com o dispositivo<br><b>AR</b> علامات تحديد الشرائط المضاعطة المتوافقة مع الجهاز                                                                                                                                                                                     |

|                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                   | <b>Cuff positioning indicator for the left arm</b><br><b>FR</b> Indicateur de positionnement du brassard pour le bras gauche<br><b>DE</b> Indikator für die Manschettenposition am linken Arm<br><b>IT</b> Indicatore di posizionamento del bracciale per il braccio sinistro<br><b>ES</b> Indicador de posición del manguito en el brazo izquierdo<br><b>RU</b> Метка для правильного расположения манжеты на левой руке<br><b>TR</b> Sol kol için kolluk konumlandırma göstergesi<br><b>PL</b> Wskaźnik umieszczenia mankiety na lewym ramieniu<br><b>PT</b> Indicador de posicionamento da braçadeira no braço esquerdo<br><b>AR</b> المؤشر الخاص بموضع الشريط الضاغط للذراع الأيسر                                        |
| <b>ART.</b><br> | <b>Marker on the cuff to be positioned above the artery</b><br><b>FR</b> Repère sur le brassard, à positionner au-dessus de l'artère<br><b>DE</b> Markierung auf der Manschette, die oberhalb der Arterie liegen muss<br><b>IT</b> Contrassegno sul bracciale da posizionare al di sopra dell'arteria<br><b>ES</b> La marca del manguito debe colocarse sobre la arteria<br><b>RU</b> Указатель расположения плечевой артерии<br><b>TR</b> Kolluk üzerindeki işaretin konumu arterin üzerine gelmelidir<br><b>PL</b> Znacznik na mankietcie, wskazujący pozycję umieszczenia nad tętnicą<br><b>PT</b> Marcador da braçadeira a posicionar sobre a artéria<br><b>AR</b> علامة بالشريط الضاغط للإشارة إلى وجوب وضعه فوق الشريان |

|                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <b>INDEX</b><br> | <b>Range pointer and brachial artery alignment position</b><br><b>FR</b> Pointeur de plage et position d'alignement sur l'artère brachiale<br><b>DE</b> Bereichsanzeiger und Ausrichtungsposition mit der Oberarmarterie<br><b>IT</b> Puntatore e posizione di allineamento dell'arteria brachiale<br><b>ES</b> Indicación de las medidas y posición de alineación con la arteria braquial<br><b>RU</b> Положение совмещения указателя диапазона и плечевой артерии<br><b>TR</b> Aralık işaretçisi ve kol arteri hizalama konumu<br><b>PL</b> Wskaźnik zakresu i dostosowania pozycji do tętnicy ramiennej<br><b>PT</b> Indicador de gama e posição de alinhamento da artéria braquial<br><b>AR</b> مؤشر النطاق والوضع الخاص بالمحاذاة مع الشريان العضدي |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



## Range indicator of arm circumferences to help selection of the correct cuff size

**FR** Indicateur de plage de circonférence du bras, pour la sélection de la taille de brassard adaptée

**DE** Bereichsanzeige für den Armumfang zur Auswahl der richtigen Manschettengröße

**IT** Indicatore degli intervalli di circonferenze braccio per la scelta della misura di bracciale corretta

**ES** Indicador de las medidas del perímetro de brazo para ayudarle a seleccionar el tamaño de manguito correcto

**RU** Символ диапазона окружности плеча для помощи при подборе правильного размера манжеты

**TR** Doğru kolluk ölçüsünü bulmaya yardımcı olan kol çevresi aralık göstergesi

**PL** Wskaźnik zakresu obwodu ramienia pomagający w doborze mankiety o właściwym rozmiarze

**PT** Indicador da gama de perímetros do braço que auxilia a seleção do tamanho de braçadeira correto

**AR** مؤشر نطاق محيط الذراع للمساعدة على تحديد الحجم الصحيح للشريط الضاغط

## QUALITY PASS



## Manufacturer's quality control mark

**FR** Marque de contrôle de la qualité du fabricant

**DE** Qualitätskontrollzeichen des Herstellers

**IT** Contrassegno controllo qualità del produttore

**ES** Marca del control de calidad del fabricante

**RU** Отметка производителя о контроле качества

**TR** Üreticinin kalite kontrol işareti

**PL** Znak kontroli jakości producenta

**PT** Marca de controlo da qualidade do fabricante

**AR** علامة التحكم في الجودة الخاصة بالشركة المصنعة

## LATEX FREE

## Not made with natural rubber latex

**FR** Ne contient pas de latex de caoutchouc naturel

**DE** Enthält kein Naturlatex

**IT** Non contiene lattice di gomma naturale

**ES** No contiene látex de caucho natural

**RU** Не содержит натуральный латекс

**TR** Doğal kauçuk lateksten üretilmemiştir

**PL** Wyprodukowane bez użycia naturalnego lateksu

**PT** Não é fabricado em látex de borracha natural

**AR** تم التصنيع دون استخدام لاتيكس المطاط الطبيعي



## Arm circumference

**FR** Circonférence du bras

**DE** Armumfang

**IT** Circonferenza del braccio

**ES** Perímetro de brazo

**RU** Окружность плеча

**TR** Kol çevresi

**PL** Obwód ramienia

**PT** Circunferência do braço

**AR** محيط الذراع



## Necessity for the user to consult this instruction manual

**FR** L'utilisateur doit consulter le présent mode d'emploi

**DE** Der Benutzer muss diese Gebrauchs-

**IT** L'utente deve consultare il presente manuale di istruzioni

**ES** Es necesario que el usuario consulte este manual de instrucciones

**RU** Необходимость для пользователя обратиться к данному руководству по эксплуатации

**TR** Kullanıcı, bu kullanım kılavuzuna başvurmali

**PL** Użytkownik powinien zapoznać się z niniejszą instrukcją obsługi.

**PT** O utilizador tem de consultar este manual de instruções

**AR** ضرورة رجوع المستخدم إلى المعلومات الواردة في دليل الإرشادات هذا



## Need for the user to follow this instruction manual thoroughly for your safety.

**FR** L'utilisateur doit suivre attentivement ce mode d'emploi pour votre sécurité.

**DE** Damit die Sicherheit gewährleistet ist, muss der Benutzer diese Gebrauchsanweisung sorgfältig befolgen.

**IT** Per la propria sicurezza, l'utente deve seguire attentamente il presente manuale di istruzioni.

**ES** Es necesario que el usuario siga rigurosamente este manual de instrucciones para su seguridad.

**RU** В целях обеспечения безопасности строго следуйте указаниям в данном руководстве по эксплуатации.

**TR** Güvenlik açısından kullanıcının bu kullanım kılavuzuna dikkatle uyması gerekir.

**PL** Dla zachowania bezpieczeństwa użytkownik musi ściśle przestrzegać niniejszej instrukcji obsługi.

**PT** O utilizador tem de seguir cuidadosamente este manual de instruções para sua própria segurança.

**AR** حاجة المستخدم إلى اتباع الإرشادات الواردة في دليل الإرشادات بالكامل هذا للحفاظ على السلامة.

==

## Direct current

**FR** Courant continu

**DE** Gleichstrom

**IT** Corrente diretta

**ES** Corriente directa

**RU** Постоянный ток

**TR** Doğru akım

**PL** Prąd stały

**PT** Corrente direta

**AR** التيار المباشر

|                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                       |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------|-----------|----------------------|-----------|-------------------|-----------|-------------------|-----------|-----------------------|-----------|-----------------------|-----------|----------------------|-----------|------------------|
|    | <p><b>Alternating current</b></p> <table><tr><td><b>FR</b></td><td>Courant alternatif</td><td><b>RU</b></td><td>Переменный ток</td></tr><tr><td><b>DE</b></td><td>Wechselstrom</td><td><b>TR</b></td><td>Alternatif akım</td></tr><tr><td><b>IT</b></td><td>Corrente alternata</td><td><b>PL</b></td><td>Prąd zmienny</td></tr><tr><td><b>ES</b></td><td>Corriente alterna</td><td><b>PT</b></td><td>Corrente alterna</td></tr></table> <p style="text-align: right;">التيار المتناوب <b>AR</b></p>             | <b>FR</b> | Courant alternatif    | <b>RU</b> | Переменный ток       | <b>DE</b> | Wechselstrom      | <b>TR</b> | Alternatif akım   | <b>IT</b> | Corrente alternata    | <b>PL</b> | Prąd zmienny          | <b>ES</b> | Corriente alterna    | <b>PT</b> | Corrente alterna |
| <b>FR</b>                                                                         | Courant alternatif                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>RU</b> | Переменный ток        |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>DE</b>                                                                         | Wechselstrom                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>TR</b> | Alternatif akım       |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>IT</b>                                                                         | Corrente alternata                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>PL</b> | Prąd zmienny          |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>ES</b>                                                                         | Corriente alterna                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>PT</b> | Corrente alterna      |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
|  | <p><b>Date of manufacture</b></p> <table><tr><td><b>FR</b></td><td>Date de fabrication</td><td><b>RU</b></td><td>Дата изготовления</td></tr><tr><td><b>DE</b></td><td>Herstellungsdatum</td><td><b>TR</b></td><td>Üretim tarihi</td></tr><tr><td><b>IT</b></td><td>Data di fabbricazione</td><td><b>PL</b></td><td>Data produkcji</td></tr><tr><td><b>ES</b></td><td>Fecha de fabricación</td><td><b>PT</b></td><td>Data de fabrico</td></tr></table> <p style="text-align: right;">تاريخ التصنيع <b>AR</b></p> | <b>FR</b> | Date de fabrication   | <b>RU</b> | Дата изготовления    | <b>DE</b> | Herstellungsdatum | <b>TR</b> | Üretim tarihi     | <b>IT</b> | Data di fabbricazione | <b>PL</b> | Data produkcji        | <b>ES</b> | Fecha de fabricación | <b>PT</b> | Data de fabrico  |
| <b>FR</b>                                                                         | Date de fabrication                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>RU</b> | Дата изготовления     |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>DE</b>                                                                         | Herstellungsdatum                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>TR</b> | Üretim tarihi         |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>IT</b>                                                                         | Data di fabbricazione                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>PL</b> | Data produkcji        |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>ES</b>                                                                         | Fecha de fabricación                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>PT</b> | Data de fabrico       |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
|  | <p><b>Prohibited action</b></p> <table><tr><td><b>FR</b></td><td>Action interdite</td><td><b>RU</b></td><td>Запрещенные действия</td></tr><tr><td><b>DE</b></td><td>Verbotene Aktion</td><td><b>TR</b></td><td>Yasaklanmış eylem</td></tr><tr><td><b>IT</b></td><td>Operazione proibita</td><td><b>PL</b></td><td>Czynność niedozwolona</td></tr><tr><td><b>ES</b></td><td>Acción prohibida</td><td><b>PT</b></td><td>Ação proibida</td></tr></table> <p style="text-align: right;">إجراء محظور <b>AR</b></p>   | <b>FR</b> | Action interdite      | <b>RU</b> | Запрещенные действия | <b>DE</b> | Verbotene Aktion  | <b>TR</b> | Yasaklanmış eylem | <b>IT</b> | Operazione proibita   | <b>PL</b> | Czynność niedozwolona | <b>ES</b> | Acción prohibida     | <b>PT</b> | Ação proibida    |
| <b>FR</b>                                                                         | Action interdite                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>RU</b> | Запрещенные действия  |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>DE</b>                                                                         | Verbotene Aktion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>TR</b> | Yasaklanmış eylem     |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>IT</b>                                                                         | Operazione proibita                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>PL</b> | Czynność niedozwolona |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |
| <b>ES</b>                                                                         | Acción prohibida                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>PT</b> | Ação proibida         |           |                      |           |                   |           |                   |           |                       |           |                       |           |                      |           |                  |



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Instruction Manual **2** **OMRON**

Automatic Upper Arm  
Blood Pressure Monitor  
**M2 Basic (HEM-7121J-E)**  
**X2 Basic (HEM-7121J-EO)**

All for Healthcare



IM2-HEM-7121J-E-03-04/2022  
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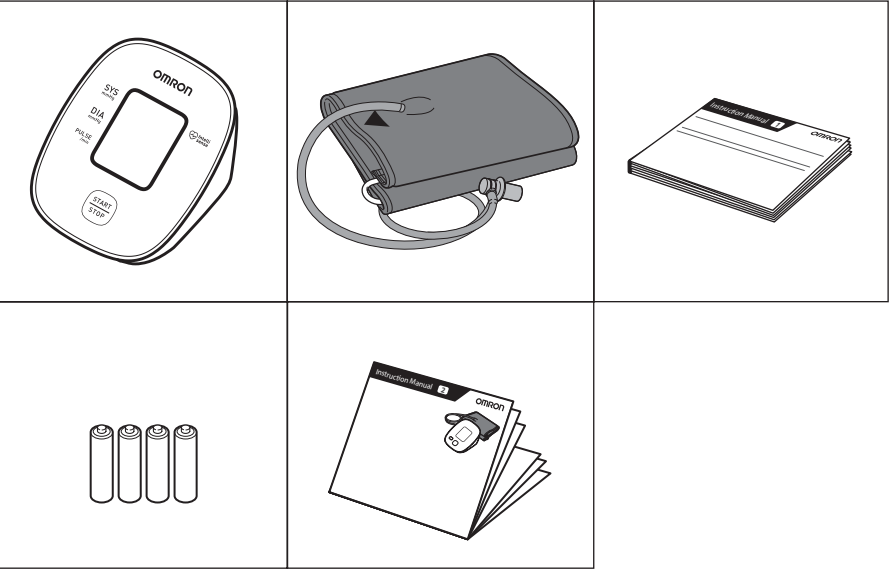
**Read instruction manual ① and ② before use.**

- FR** Lire le mode d'emploi ① et ② avant l'utilisation.  
**DE** Lesen Sie vor der Verwendung die Gebrauchsanweisung ① und ②.  
**IT** Leggere il manuale di istruzioni ① e ② prima dell'uso.  
**ES** Lea el manual de instrucciones ① y ② antes del uso.  
**RU** Прочтите руководство по эксплуатации ① и ② перед использованием.  
**TR** Kullanmadan önce, kullanım kılavuzu ① ve ②'yi okuyun.  
**PL** Przed rozpoczęciem korzystania z ciśnieniomierza należy przeczytać instrukcję obsługi ① i ②.  
**PT** Leia o Manual de instruções ① e ② antes de utilizar.

**AR** 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  
**RU** Комплект поставки  
**TR** Paketin İçindekiler  
**PL** Zawartość opakowania  
**PT** Conteúdo da embalagem

**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  
**RU** Подготовка к измерению  
**TR** Ölçüm Hazırlığı  
**PL** Przygotowanie do pomiaru  
**PT** Preparação de uma medição

**AR** التجهيز لعملية القياس

**30 minutes before**

- FR** 30 minutes avant  
**DE** 30 Minuten vorher  
**IT** 30 minuti prima  
**ES** 30 minutos antes  
**RU** За 30 минут до  
**TR** 30 dakika önce  
**PL** 30 minut przed  
**PT** 30 minutos antes

**AR** قبل القياس بمدة تبلغ ٣٠ دقيقة



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

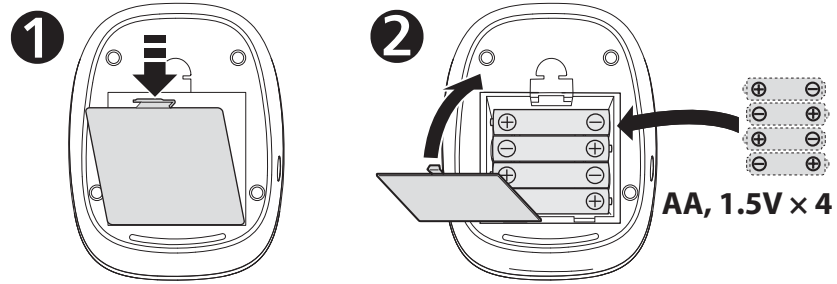
- FR** 5 minutes avant : détente et repos.  
**DE** 5 Minuten vorher: ruhig hinsetzen.  
**IT** 5 minuti prima: rilassarsi e stare a riposo.  
**ES** 5 minutos antes: relájese y descanse.  
**RU** За 5 минут до: расслабьтесь и отдохните.  
**TR** 5 dakika önce: Gevşeyin ve dinlenin.  
**PL** 5 minut przed: odpręż się i odpocznij.  
**PT** 5 minutos antes: descontrair e repousar.

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



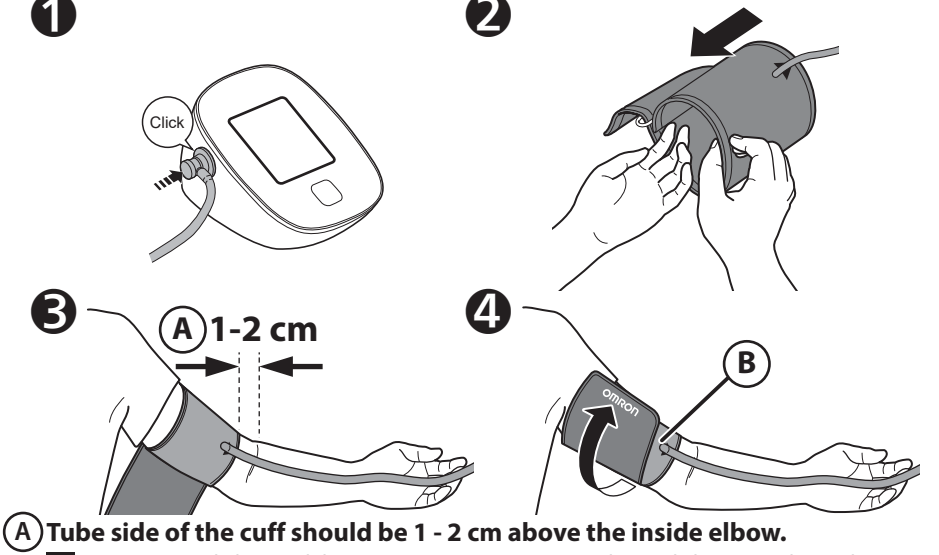
- 3 Installing Batteries**  
**FR** Mise en place des piles  
**DE** Einsetzen der Batterien  
**IT** Installazione delle batterie  
**ES** Instalación de las pilas  
**RU** Установка элементов питания  
**TR** Pillerin Takılması  
**PL** Instalacja baterii  
**PT** Instalação das pilhas

**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  
**RU** Расположение манжеты на левой руке  
**TR** Koluğun Sol Kola Takılması  
**PL** Zakładanie mankietu na lewe ramię  
**PT** Aplicação da braçadeira no braço esquerdo

**AR** لف الشريط المضاعط على الذراع الأيمن



**A 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 Manschettenteil 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 dell'interno del gomito, 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.  
**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.  
**PL** koniec mankietu z podłączonym przewodem powietrza powinien znajdować się 1–2 cm powyżej zgięcia łokcia.  
**PT** O lado do tubo da braçadeira deve estar 1 - 2 cm acima do interior do cotovelo.  
**AR** يجب أن يرتفع جانب الخرطوم من الشريط المضاعط من ١ إلى ٢ سم عن المرفق.

**B 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.  
**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 koluğu kaunmayacak şekilde sabit şekilde sarın.  
**PL** Upewnić się, że przewód powietrza znajduje się po wewnętrznej stronie ramienia i owinąć starannie mankiet, aby się nie zsuwał.  
**PT** Certifique-se de que o tubo de ar está na parte interior do braço e enrola a braçadeira firmemente, para que não deslize.  
**AR** تأكد من أن خرطوم الهواء على الجانب الداخلي من ذراعك ولف الشريط المضاعط 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:  
**RU** При измерении на правой руке см:  
**TR** Sağ koldan ölçüm yapıyorsanız aşağıdakilere bakın:  
**PL** Pomiar ciśnienia na prawym ramieniu, patrz:  
**PT** Se fizer as medições no braço direito, consulte:

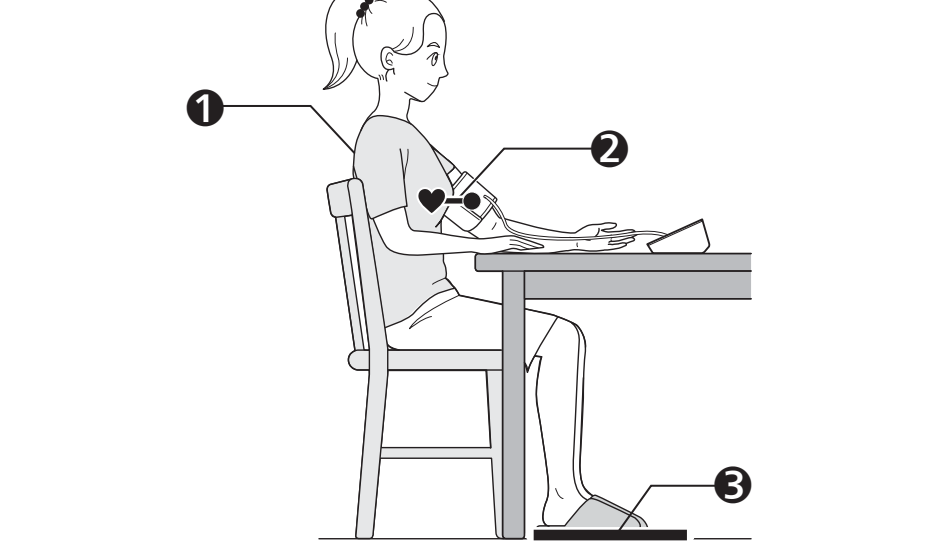
**AR** في حال إجراء القياس على الذراع الأيمن، أرجع إلى:



Instruction Manual ①  
2.3

- 5 Sitting Correctly**  
**FR** Position assise correcte  
**DE** Korrekte Körperhaltung  
**IT** Come sedere nel modo corretto  
**ES** Cómo sentarse correctamente  
**RU** Сядьте правильно  
**TR** Düzgün Oturma  
**PL** Zakładanie mankietu na lewe ramię  
**PT** Como sentar-se corretamente

**AR** الجلوس بشكل صحيح



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

- FR** S'asseoir de façon à ce que le dos et le bras soient bien soutenus.  
**DE** Mit dem Rücken anlehnen und den Arm auf eine Unterlage legen.  
**IT** Sedere con la schiena e il braccio ben sostenuti.  
**ES** Siéntese de modo que la espalda y el brazo estén bien apoyados.  
**RU** Сядьте так, чтобы спина и рука опирались на что-либо.  
**TR** Sirtınız ve kolunuz desteklenecek şekilde oturun.  
**PL** Usiąść wygodnie, opierając plecy i ramię.  
**PT** Sente-se confortavelmente apoiando as costas e o braço.

**AR** اجلس 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.  
**RU** Манжета должна находиться на уровне сердца.  
**TR** Koluğu kalbinizle aynı düzeye getirin.  
**PL** Mankiet powinien znajdować się na wysokości serca.  
**PT** Coloque a braçadeira ao mesmo nível do coração.

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

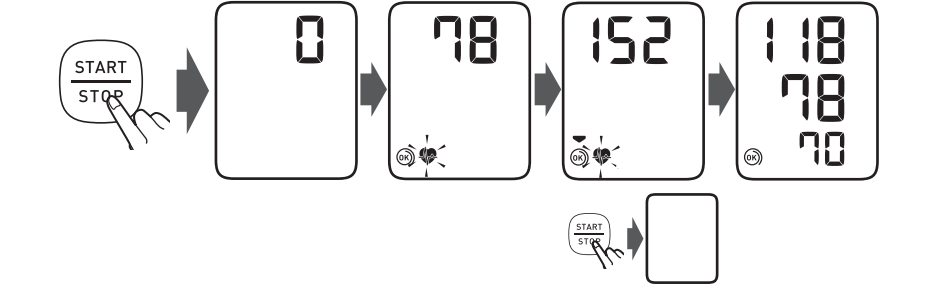
**3 Keep feet flat, legs uncrossed, remain still and do not talk.**

- 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.  
**RU** Поставьте ноги ровно, не перекрещивая их, не двигайтесь и не разговаривайте.  
**TR** Ayaklarınızı düz, bacaklarınızı açık tutun, hareketsiz kalın ve konuşmayın.  
**PL** Stopy ułożyć płasko na podłodze, nie krzyżować nóg, siedzieć spokojnie, bez ruchu i nie rozmawiać.  
**PT** Mantenha os pés no chão, não cruze as pernas, mantenha-se imóvel e não fale.

**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  
**RU** Выполнение измерений  
**TR** Ölçüm Yapma  
**PL** Prawidłowa pozycja ciała  
**PT** Realização de uma medição

**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.  
**RU** После того, как кнопка [START/STOP] нажата, измерение выполняется и сохраняется автоматически.  
**TR** [START/STOP] düğmesine basıldığında ölçüm yapılır ve otomatik olarak kaydedilir.  
**PL** Po naciśnięciu przycisku [START/STOP] następuje pomiar i jego automatyczny zapis.  
**PT** Quando o botão [START/STOP] é premido, a medição é feita e gravada automaticamente.

**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 gonflement 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.  
**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.  
**PL Jeśli ciśnienie skurczowe jest wyższe niż 210 mmHg:**  
Po rozpoczęciu napełniania mankietu nacisnąć i przytrzymać przycisk [START/STOP], aż ciśnieniomierz napompuje mankiet do wartości o 30–40 mmHg wyższej od przewidywanego ciśnienia skurczowego.  
**PT Se a tensão sistólica estiver acima dos 210 mmHg:**  
Depois de a braçadeira começar a insuflar, prima e mantenha premido o botão [START/STOP] até que o medidor insufla 30 a 40 mmHg acima da tensão sistólica esperada.

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

بعد بدء انتفاخ الشريط المضاعط 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

RU

Проверка результатов

TR

Ölçüm Değerlerini Kontrol Etme

PL

Sprawdzanie odczytów

PT

Verificar leituras

AR

التحقق من القراءات

Systolic blood pressure

FR

Pression artérielle systolique

DE

Systolischer Blutdruck

IT

Pressione sistolica

ES

Presión arterial sistólica

RU

Систолическое артериальное давление

TR

Sistolik kan basıncı

PL

Ciśnienie skurczowe krwi

PT

Tensão arterial sistólica

AR

ضغط الدم الانقباضي

Memory symbol

FR

Symbole de la mémoire

DE

Speichersymbol

IT

Indicatore della memoria

ES

Símbolo de memoria

RU

Пиктограмма памяти

TR

Hafıza simgesi

PL

Symbol pamięci

PT

Símbolo de memória

AR

رمز الذاكرة

2

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.

RU

Манжета затянута достаточно туго.

TR

Kolluk yeterince sıkıdır.

PL

Mankiet jest wystarczająco ciasno założony.

PT

A braçadeira está bem apertada.

AR

لف الشريط الضاغط محكم بما يكفي.

3

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.

RU

Наложите манжету еще раз БОЛЕЕ ТУГО.

TR

Kolluğu tekrar, DAHA SIKI bir şekilde takın.

PL

Założyć mankiet ponownie, MOCNIEJ zaciskając.

PT

Aplique a braçadeira de novo MAIS APERTADA.

AR

لف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.

**\*An irregular heartbeat 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 arritmico se define como un ritmo que es un 25 % menor o un 25 % mayor que el ritmo medio detectado durante una medición.

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.

PL

\*Jako nieregularny rytm serca określa się stan, w którym rytm uderzeń serca jest o 25% wolniejszy lub o 25% szybszy od średniej częstości uderzeń serca wykrytej podczas pomiaru.

PT

\*Um ritmo de batimento cardíaco irregular é definido como um ritmo 25% inferior ou 25% superior ao ritmo médio detetado durante uma medição.

AR

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

1

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.

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.

PL

Pojawia się, gdy w czasie pomiaru wykryto arytmie\*. Jeżeli pojawia się wielokrotnie, firma OMRON zaleca konsultację z lekarzem.

PT

Aparece quando um ritmo irregular\* é detetado durante uma medição. Se aparecer repetidamente, a OMRON recomenda que consulte o seu médico.

AR

تظهر عند اكتشاف عدم انتظام ضربات القلب\* في أثناء عملية القياس. عند ظهورها بشكل متكرر، توصي OMRON باستشارة طبيبك.

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 sorunlar mı var? Bkz:

PL

Komunikaty o błędzie lub inny problem? Przejdź do:

PT

Mensagens de erro ou outros problemas? Consulte:

AR

رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:

1

Instruction Manual

3.

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

RU

Использование функции памяти

TR

Hafıza Fonksiyonunun Kullanılması

PL

Korzystanie z funkcji pamięci

PT

Utilização das funções de memória

AR

استخدام وظائف الذاكرة

### 8.1 Reading Stored in Memory

FR

Mesure stockée en mémoire

DE

Gespeicherte Messung

IT

Risultato conservato in memoria

ES

Lectura guardada en la memoria

RU

Сохранение результатов в памяти

TR

Hafızada Saklanan Ölçüm Değeri

PL

Odczyty zapisane w pamięci

PT

Leituras guardadas na memória

AR

تم تخزين القراءة في الذاكرة

FR

Votre dernière mesure est enregistrée

DE

Die letzte Messung wird gespeichert.

IT

Viene conservato l'ultimo risultato.

ES

Se ha guardado su última lectura.

RU

Последний результат сохранен

TR

Son ölçüm değeriniz saklanır.

PL

Zapisywany jest ostatni odczyt.

PT

A sua última leitura é guardada.

AR

تم تخزين القراءة الأخيرة لك

**Your last reading is stored.**

FR

5 sec+

START

STOP

140

88

86

5 sec+

AR

تم تخزين القراءة في الذاكرة

### 8.2 Deleting All Readings

FR

Suppression de toutes les mesures

DE

Löschen aller Messwerte

IT

Cancellazione di tutti i risultati

ES

Eliminación de todas las lecturas

RU

Удаление всех результатов

TR

Tüm Ölçüm Değerlerini Silme

PL

Usuwanie wszystkich odczytów

PT

Eliminação de todas as leituras

AR

حذف جميع القراءات

1

START

STOP

15 sec+

2

9

Optional Medical Accessories

FR

Accessoires médicaux optionnels

DE

Optionales medizinisches Zubehör

IT

Accessori medicali opzionali

ES

Accesorios médicos opcionales

RU

Дополнительно принадлежности

TR

Opsiyonel Tıbbi Aksesuarlar

PL

Opcjonalne akcesoria medyczne

PT

Acessórios médicos opcionais

AR

الملحقات الطبية الاختيارية

### Arm Cuff

(HEM-RML31)

22 - 42 cm

(HEM-CS24)

17 - 22 cm

(HEM-CR24)

22 - 32 cm

### AC Adapter

(HHP-CM01)

(HHP-BFH01)

1

2

**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.

RU

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

TR

Hava tipasını atmayın. Hava tipası isteğe bağlı koluğa uygulanabilir.

PL

Nie wyrzucać wtyczki przewodu powietrza. Wtyczkę przewodu powietrza można podłączyć do opcjonalnego mankieta.

PT

Não deite fora a ficha de ar. A ficha de ar pode ser aplicável à braçadeira opcional.

AR

لا تخلص من سداة الهواء. يمكن استعمال سداة الهواء مع الشريط الضاغط الاختياري.

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

|                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                          |
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