

## Automatic Upper Arm Blood Pressure Monitor

جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع

**M3 (HEM-7154-E)**

إم 3

**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.

**NL** Lees de gebruiksaanwijzing ① en ② voor gebruik.

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

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

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

EN

FR

DE

IT

ES

NL

RU

TR

AR

Symbols

Symboles / Symbole / Simboli / Símbolos /  
Symbolen / Символы / Semboller / الرمز

## 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 the safety and operating 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 the measurement result. 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 damage to the equipment or other property.**

- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.
- Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arteriovenous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury.
- Consult with your physician before using this monitor if you have had a mastectomy.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- DO NOT take measurements more often than necessary because bruising, due to blood flow interference, may occur.
- ONLY inflate the arm cuff when it is applied on your upper arm.
- Remove the arm cuff if it does not start deflating during a measurement.
- DO NOT use this monitor for any purpose other than measuring blood pressure.
- During measurement, make sure that no mobile device or any other electrical device that emit electromagnetic fields is within 30 cm of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car or on an aircraft.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- DO NOT use this monitor in places with high or low humidity or high or low temperatures. Refer to section 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 11 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

- To stop a measurement, press the [START/STOP] button while taking a measurement.
- 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 5 of instruction manual (2).   |
|  | Air is leaking from the arm cuff.   | Replace the arm cuff to the new one. Refer to section 12 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 11 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 11 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 5 of instruction manual (2). Remain still and sit correctly during a measurement.  |
|  appears   |   | If the "  " symbol continues to appear, we recommend you to consult with your physician.   |
|  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. |
|  flashes  | 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 5 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**

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

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### 5.2 Storage

- Keep your monitor in the storage case when not in use.
  1. Remove the arm cuff from the monitor.

#### **Caution**

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To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.

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2. Gently fold the air tube into the arm cuff. Note: Do not bend or crease the air tube excessively.
  3. Place your monitor and other components in the storage case.
- 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)                      | M3 (HEM-7154-E)  | Display                 | LCD digital display              |
| Cuff pressure range               | 0 to 299 mmHg  | Pulse measurement range | 40 to 180 beats / min.           |
| Blood pressure measurement range  | SYS: 60 to 260 mmHg / DIA: 40 to 215 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 (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-RML31), 4 "AA" batteries, storage case, 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 310 g (not including batteries) / Arm cuff: approximately 170 g                     |                         |                                  |
| Dimensions (approximately value)  | Monitor: 105 mm (W) × 87 mm (H) × 153 mm (L)<br>Arm cuff: 145 mm × 594 mm (air tube: 750 mm)               |                         |                                  |
| Memory                            | Stores up to 60 readings per user  |                         |                                  |

### 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. 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.

## 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-7154-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-7154-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.



## Symbols Description

**FR** Description des symboles

**DE** Beschreibung der Symbole

**IT** Descrizione dei simboli

**ES** Descripción de los símbolos

**NL** Beschrijving van symbolen

**RU** Описание символов

**TR** Simgelerin Açıklaması

**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 Stromschlägen (Ableitstrom)

**IT** Parti applicate - Tipo BF Livello di protezione contro le folgorazioni (corrente di dispersione)

**ES** Partes en contacto: Tipo BF Grado de protección contra descargas eléctricas (corriente de fuga)

**NL** Toegepast onderdeel - Type BF-beschermingsgraad tegen elektrische schokken (lekstroom)

**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)

**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

**NL** Apparaatuur van Klasse II. Bescherming tegen elektrische schokken

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

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

**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

**NL** Beschermingsklasse volgens IEC 60529

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

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

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



### CE Marking

**FR** Marquage CE

**DE** CE-Kennzeichnung

**IT** Contrassegno CE

**ES** Marcado CE





**NL** CE-merkteken



**RU** Знак соответствия директиве EC



**TR** CE İşareti

**AR** علامة التوافق مع اللجنة الأوروبية (CE)

|             |   |
|-------------|---|
| <b>UKCA</b> | <p><b>UKCA marking</b></p> <p><b>FR</b> Marquage UKCA<br/> <b>DE</b> UKCA-Kennzeichnung<br/> <b>IT</b> Marchio UKCA<br/> <b>ES</b> Marcado UKCA</p> <p><b>NL</b> UKCA-markering<br/> <b>RU</b> Маркировка UKCA<br/> <b>TR</b> UKCA işareti</p> <p><b>AR</b> علامة تقييم التوافق الخاص بالمملكة المتحدة</p>  |
| <b>SN</b>   | <p><b>Serial number</b></p> <p><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</p> <p><b>NL</b> Seriennummer<br/> <b>RU</b> Серийный номер<br/> <b>TR</b> Seri numarası</p> <p><b>AR</b> الرقم المتسلسل</p>   |
| <b>LOT</b>  | <p><b>LOT number</b></p> <p><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</p> <p><b>NL</b> Partijnummer<br/> <b>RU</b> Код (номер) партии<br/> <b>TR</b> Parti numarası</p> <p><b>AR</b> رقم التشغيل</p>   |
| <b>UDI</b>  | <p><b>Unique device identifier</b></p> <p><b>FR</b> Identifiant unique des dispositifs<br/> <b>DE</b> Produktidentifizierungsnummer<br/> <b>IT</b> Identificatore univoco del dispositivo<br/> <b>ES</b> Identificador único del producto</p> <p><b>NL</b> Unieke apparaat-ID<br/> <b>RU</b> Уникальный идентификатор устройства<br/> <b>TR</b> Benzersiz cihaz tanımlayıcısı</p> <p><b>AR</b> معرف الجهاز الفريد</p> |
| <b>MD</b>   | <p><b>Medical device</b></p> <p><b>FR</b> Dispositif médical<br/> <b>DE</b> Medizinprodukt<br/> <b>IT</b> Dispositivo medico<br/> <b>ES</b> Producto sanitario</p> <p><b>NL</b> Medisch apparaat<br/> <b>RU</b> Медицинский прибор<br/> <b>TR</b> Tibbi cihaz</p> <p><b>AR</b> جهاز طبي</p>   |



|   |  |
|---|--|
|   | <p><b>Temperature limitation</b></p> <p><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</p> <p><b>NL</b> Temperatuurbegrenzing<br/> <b>RU</b> Температурный диапазон<br/> <b>TR</b> Sıcaklık sınırlaması</p> <p><b>AR</b> حدود درجة الحرارة المناسبة</p>  |
|  | <p><b>Humidity limitation</b></p> <p><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</p> <p><b>NL</b> Vochtigheidsbegrenzing<br/> <b>RU</b> Диапазон влажности<br/> <b>TR</b> Nem sınırlaması</p> <p><b>AR</b> حدود الرطوبة المناسبة</p>   |
|  | <p><b>Atmospheric pressure limitation</b></p> <p><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</p> <p><b>NL</b> Luchtdrukbegrenzing<br/> <b>RU</b> Ограничение атмосферного давления<br/> <b>TR</b> Atmosferik basınç sınırlaması</p> <p><b>AR</b> حدود الضغط الجوي المناسب</p>   |
|  | <p><b>Indication of connector polarity</b></p> <p><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</p> <p><b>NL</b> Indicatie van polariteit van aansluiting<br/> <b>RU</b> Полярность разъема адаптера<br/> <b>TR</b> Bağlantı polarite göstergesi</p> <p><b>AR</b> علامة تشير لقطبية الموصل</p> |


|   |  |
|---|--|
|   | <p><b>For indoor use only</b></p> <p><b>FR</b> Pour un usage à l'intérieur uniquement</p> <p><b>DE</b> Nur für die Nutzung in Innenbereichen</p> <p><b>IT</b> Solo per uso in interni</p> <p><b>ES</b> Para uso solo en interiores</p> <p><b>NL</b> Alleen voor gebruik binnenshuis</p> <p><b>RU</b> Для использования только внутри помещений</p> <p><b>TR</b> Sadece iç mekanda kullanım için</p> <p><b>AR</b> صالح للاستخدام في المناطق المغلقة فقط</p>   |
|  | <p><b>OMRON's trademarked technology for blood pressure measurement</b></p> <p><b>FR</b> Technologie protégée par la marque de commerce OMRON pour la mesure de la pression artérielle</p> <p><b>DE</b> Markenrechtlich geschützte Technologie von OMRON zur Blutdruckmessung</p> <p><b>IT</b> Tecnologia brevettata OMRON per la misurazione della pressione arteriosa</p> <p><b>ES</b> La tecnología de OMRON para medir la presión arterial</p> <p><b>NL</b> Technologie voor bloeddrukmeting onder handelsmerk van OMRON</p> <p><b>RU</b> Зарегистрированная технология измерения артериального давления OMRON</p> <p><b>TR</b> OMRON'un kan basıncı ölçümü için ticari markalı teknolojisi</p> <p><b>AR</b> تقنية العلامة التجارية OMRON لقياس ضغط الدم</p> |

|   |   |
|---|---|
|    | <p><b>Identifier of cuffs compatible for the device</b></p> <p><b>FR</b> Identificateur des brassards compatibles avec l'appareil</p> <p><b>DE</b> Kennzeichnung der mit dem Gerät kompatiblen Manschetten</p> <p><b>IT</b> Identifica i bracciali compatibili con il dispositivo</p> <p><b>ES</b> Identificador para manguitos compatibles con el dispositivo</p> <p><b>NL</b> Identificatie van manchetten die compatibel zijn met het apparaat</p> <p><b>RU</b> Манжеты совместимые с устройством</p> <p><b>TR</b> Cihaz ile uyumlu kollukların tanıtım işareti</p> <p><b>AR</b> علامات تحديد الشرائط الضاغطة المتوافقة مع الجهاز</p>                          |
|  | <p><b>Cuff positioning indicator for the left arm</b></p> <p><b>FR</b> Indicateur de positionnement du brassard pour le bras gauche</p> <p><b>DE</b> Indikator für die Manschettenposition am linken Arm</p> <p><b>IT</b> Indicatore di posizionamento del bracciale per il braccio sinistro</p> <p><b>ES</b> Indicador de posición del manguito en el brazo izquierdo</p> <p><b>NL</b> Indicator voor positionering van de manchet voor de linkerarm</p> <p><b>RU</b> Метка для правильного расположения манжеты на левой руке</p> <p><b>TR</b> Sol kol için kolluk konumlandırma göstergesi</p> <p><b>AR</b> المؤشر الخاص بموضع الشريط الضاغط للذراع الأيسر</p> |



|                                      |   |
|--------------------------------------|---|
| <p><b>ART.</b></p> <p>●</p> <p>○</p> | <p><b>Marker on the cuff to be positioned above the artery</b></p> <p><b>FR</b> Repère sur le brassard, à positionner au-dessus de l'artère</p> <p><b>DE</b> Markierung auf der Manschette, die oberhalb der Arterie liegen muss</p> <p><b>IT</b> Contrassegno sul bracciale da posizionare al di sopra dell'arteria</p> <p><b>ES</b> La marca del manguito debe colocarse sobre la arteria</p> <p><b>NL</b> Markering op de manchet die boven de slagader moet worden geplaatst</p> <p><b>RU</b> Указатель расположения плечевой артерии</p> <p><b>TR</b> Kolluk üzerindeki işaretin konumu arterin üzerine gelmelidir</p> <p><b>AR</b> علامة بالشريط الضاغط للإشارة إلى وجود وضعه فوق الشريان</p>             |
| <p><b>INDEX</b></p> <p>▼</p>         | <p><b>Range pointer and brachial artery alignment position</b></p> <p><b>FR</b> Pointeur de plage et position d'alignement sur l'artère brachiale</p> <p><b>DE</b> Bereichsanzeiger und Ausrichtungsposition mit der Oberarmarterie</p> <p><b>IT</b> Puntatore e posizione di allineamento dell'arteria brachiale</p> <p><b>ES</b> Indicación de las medidas y posición de alineación con la arteria braquial</p> <p><b>NL</b> Bereikaanduiding en positie voor uitlijning met slagader</p> <p><b>RU</b> Положение совмещения указателя диапазона и плечевой артерии</p> <p><b>TR</b> Aralık işaretçisi ve kol arteri hizalama konumu</p> <p><b>AR</b> مؤشر النطاق والوضع الخاص بالمحاذاة مع الشريان العضدي</p> |

|  |   |
|--|---|
|  | <p><b>Range indicator of arm circumferences to help selection of the correct cuff size</b></p> <p><b>FR</b> Indicateur de plage de circonférence du bras, pour la sélection de la taille de brassard adaptée</p> <p><b>DE</b> Bereichsanzeige für den Armumfang zur Auswahl der richtigen Manschettengröße</p> <p><b>IT</b> Indicatore degli intervalli di circonferenze braccio per la scelta della misura di bracciale corretta</p> <p><b>ES</b> Indicador de las medidas del perímetro de brazo para ayudarle a seleccionar el tamaño de manguito correcto</p> <p><b>NL</b> Bereikindicator voor armomtrek om te helpen bij het kiezen van de juiste manchetmaat</p> <p><b>RU</b> Символ диапазона окружности плеча для помощи при подборе правильного размера манжеты</p> <p><b>TR</b> Doğru kolluk ölçüsünü bulmaya yardımcı olan kol çevresi aralık göstergesi</p> <p><b>AR</b> مؤشر نطاق محيط الذراع للمساعدة على تحديد الحجم الصحيح للشريط الضاغط</p> |
| <p><b>QUALITY PASS</b></p> <p>Quality pass</p>                                   | <p><b>Manufacturer's quality control mark</b></p> <p><b>FR</b> Marque de contrôle de la qualité du fabricant</p> <p><b>DE</b> Qualitätskontrollzeichen des Herstellers</p> <p><b>IT</b> Contrassegno controllo qualità del produttore</p> <p><b>ES</b> Marca del control de calidad del fabricante</p> <p><b>NL</b> Symbool voor kwaliteitscontrole van fabrikant</p> <p><b>RU</b> Отметка производителя о контроле качества</p> <p><b>TR</b> Üreticinin kalite kontrol işareti</p> <p><b>AR</b> علامة التحكم في الجودة الخاصة بالشركة المصنعة</p>  |

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|---|--|--|
| LATEX FREE  | <b>Not made with natural rubber latex</b><br><b>FR</b> Ne contient pas de latex de caoutchouc naturel<br><b>DE</b> Enthält kein Naturlatex<br><b>IT</b> Non contiene lattice di gomma naturale<br><b>ES</b> No contiene látex de caucho natural<br><b>NL</b> Bevat geen natuurrubberlatex<br><b>RU</b> Не содержит натуральный латекс<br><b>TR</b> Doğal kauçuk lateksten üretilmemiştir<br><b>AR</b> تم التصنيع دون استخدام لاتيكس المطاط الطبيعي   |  |
|  | <b>Arm circumference</b><br><b>FR</b> Circonférence du bras<br><b>DE</b> Armmumfang<br><b>IT</b> Circonferenza del braccio<br><b>ES</b> Perímetro de brazo<br><b>NL</b> Armomtrek<br><b>RU</b> Окружность плеча<br><b>TR</b> Kol çevresi<br><b>AR</b> محيط الذراع  |  |
|  | <b>Necessity for the user to consult this instruction manual</b><br><b>FR</b> L'utilisateur doit consulter le présent mode d'emploi<br><b>DE</b> Der Benutzer muss diese Gebrauchsanweisung lesen<br><b>IT</b> L'utente deve consultare il presente manuale di istruzioni<br><b>ES</b> Es necesario que el usuario consulte este manual de instrucciones<br><b>NL</b> Noodzaak voor de gebruiker om deze gebruiksaanwijzing te raadplegen<br><b>RU</b> Необходимость для пользователя обратиться к данному руководству по эксплуатации<br><b>TR</b> Kullanıcı, bu kullanım kılavuzuna başvurmalıdır<br><b>AR</b> ضرورة رجوع المستخدم إلى المعلومات الواردة في دليل الإرشادات هذا |  |

|   |   |   |
|---|---|---|
|   | <b>Need for the user to follow this instruction manual thoroughly for your safety.</b>  |   |
|   | <b>FR</b> L'utilisateur doit suivre attentivement ce mode d'emploi pour votre sécurité.<br><b>DE</b> Damit die Sicherheit gewährleistet ist, muss der Benutzer diese Gebrauchsanweisung sorgfältig befolgen.<br><b>IT</b> Per la propria sicurezza, l'utente deve seguire attentamente il presente manuale di istruzioni.<br><b>ES</b> Es necesario que el usuario siga rigurosamente este manual de instrucciones para su seguridad. | <b>NL</b> Noodzaak voor de gebruiker om zich voor de eigen veiligheid zorgvuldig aan deze gebruiksaanwijzing te houden.<br><b>RU</b> В целях обеспечения безопасности строго следуйте указаниям в данном руководстве по эксплуатации.<br><b>TR</b> Güvenlik açısından kullanıcının bu kullanım kılavuzuna dikkatle uyması gerekir.<br><b>AR</b> حاجة المستخدم إلى اتباع الإرشادات الواردة في دليل الإرشادات بالكامل هذا للحفاظ على السلامة. |
|  | <b>Direct current</b><br><b>FR</b> Courant continu<br><b>DE</b> Gleichstrom<br><b>IT</b> Corrente diretta<br><b>ES</b> Corriente directa<br><b>NL</b> Gelijkstroom<br><b>RU</b> Постоянный ток<br><b>TR</b> Doğru akım<br><b>AR</b> التيار المباشر  |   |
|  | <b>Alternating current</b><br><b>FR</b> Courant alternatif<br><b>DE</b> Wechselstrom<br><b>IT</b> Corrente alternata<br><b>ES</b> Corriente alterna<br><b>NL</b> Wisselstroom<br><b>RU</b> Переменный ток<br><b>TR</b> Alternatif akım<br><b>AR</b> التيار المتناوب   |   |



|  |   |
|--|---|
|   | <p><b>Date of manufacture</b></p> <p><b>FR</b> Date de fabrication      <b>NL</b> Productiedatum<br/> <b>DE</b> Herstellungsdatum      <b>RU</b> Дата изготовления<br/> <b>IT</b> Data di fabbricazione      <b>TR</b> Üretim tarihi<br/> <b>ES</b> Fecha de fabricación      تاريخ التصنيع <b>AR</b></p> |
|  | <p><b>Prohibited action</b></p> <p><b>FR</b> Action interdite      <b>NL</b> Verboden handeling<br/> <b>DE</b> Verbotene Aktion      <b>RU</b> Запрещенные действия<br/> <b>IT</b> Operazione proibita      <b>TR</b> Yasaklanmış eylem<br/> <b>ES</b> Acción prohibida      إجراء محظور <b>AR</b></p>    |

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IM1-HEM-7154-E-05-01/2022  
2870428-8D

Automatic Upper Arm Blood Pressure Monitor

جهاز قياس ضغط الدم الألي القابل للتثبيت بأعلى الذراع

M3 (HEM-7154-E) إم 3

All for Healthcare



Intellisense

IM2-HEM-7154-E-05-01/2022 2870429-6D

Read instruction manual 1 and 2 before use.

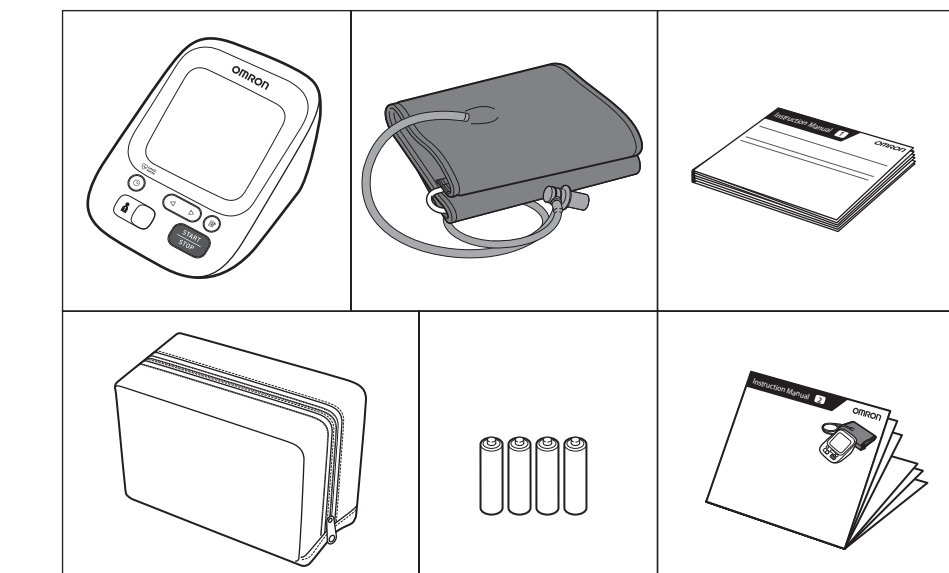
- FR Lire le mode d'emploi 1 et 2 avant l'utilisation.
- DE Lesen Sie vor der Verwendung die Gebrauchsanweisung 1 und 2.
- IT Leggere il manuale di istruzioni 1 e 2 prima dell'uso.
- ES Lea el manual de instrucciones 1 y 2 antes del uso.
- NL Lees de gebruiksaanwijzing 1 en 2 voor gebruik.
- RU Прочтите руководство по эксплуатации 1 и 2 перед использованием.
- TR Kullanmadan önce, kullanım kılavuzu 1 ve 2'yi okuyun.

اقرأ دليل الإرشادات 1 و 2 قبل الاستخدام.

1 Package Contents

- FR Contenu de l'emballage
- DE Packungsinhalt
- IT Contenuto della confezione
- ES Contenido del envase
- NL Inhoud van de verpakking
- RU Комплект поставки
- TR Paketin İçindekiler

AR محتويات العبوة



2 Preparing for a Measurement

- FR Préparation d'une mesure
- DE Vorbereiten einer Messung
- IT Preparazione per la misurazione
- ES Preparación para una medición
- NL Een meting voorbereiden
- RU Подготовка к измерению
- TR Ölçüm Hazırlığı

AR التجهيز لعملية القياس

30 minutes before

- FR 30 minutes avant
- DE 30 Minuten vorher
- IT 30 minuti prima
- ES 30 minutos antes
- NL 30 minuten ervoor
- RU За 30 минут до
- TR 30 dakika önce



AR قبل القياس بمدة تبلغ ٣٠ دقيقة

5 minutes before: Relax and rest.

- FR 5 minutes avant : détente et repos.
- DE 5 Minuten vorher: ruhig hinsetzen.
- IT 5 minuti prima: rilassarsi e stare a riposo.
- ES 5 minutos antes: relájese y descanse.
- NL 5 minuten ervoor: ontspan en rust.
- RU За 5 минут до: расслабьтесь и отдохните.
- TR 5 dakika önce: Gevşeyin ve dinlenin.

AR قبل القياس بمدة تبلغ ٥ دقائق: استرخ واسترح.



4 Setting Date and Time

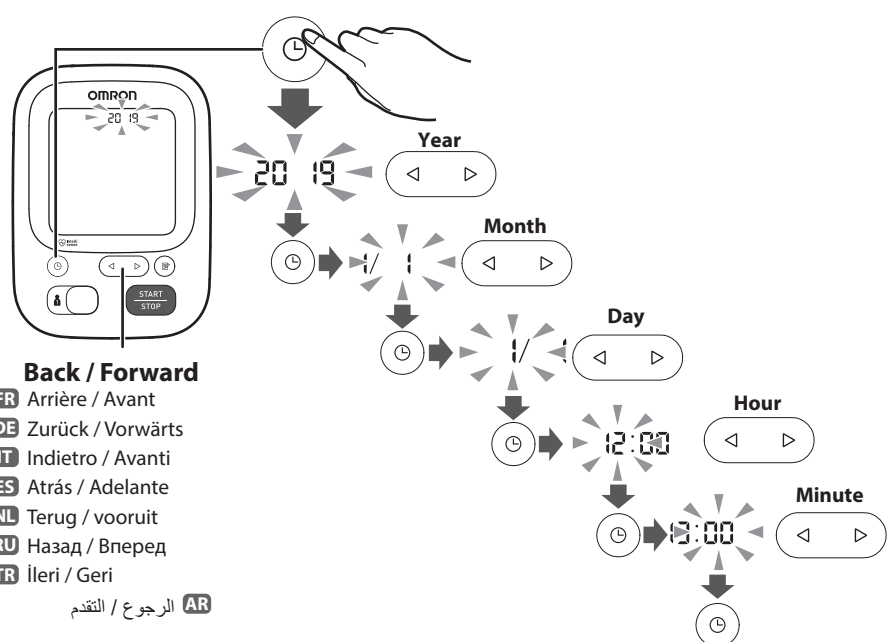
- FR Réglage de la date et de l'heure
- DE Einstellen von Datum und Uhrzeit
- IT Impostazione di data e ora
- ES Ajuste de la fecha y la hora
- NL Datum en tijd instellen
- RU Установка даты и времени
- TR Tarih ve Saatin Ayarlanması

AR ضبط الوقت والتاريخ

Set year > month > day > hour > minute.

- FR Réglez l'année > le mois > le jour > les heures > les minutes.
- DE Stellen Sie Jahr > Monat > Tag > Stunde > Minute ein.
- IT Impostare anno > mese > giorno > ora > minuti.
- ES Ajuste de año > mes > día > hora > minuto.
- NL Instellen van jaar > maand > dag > uur > minuut.
- RU Установите год > месяц > день > час > минута.
- TR Yıl > ay > gün > saat > dakika ayarlayın.

AR ضبط العام < الشهر < اليوم < الساعة < الدقيقة.



Back / Forward

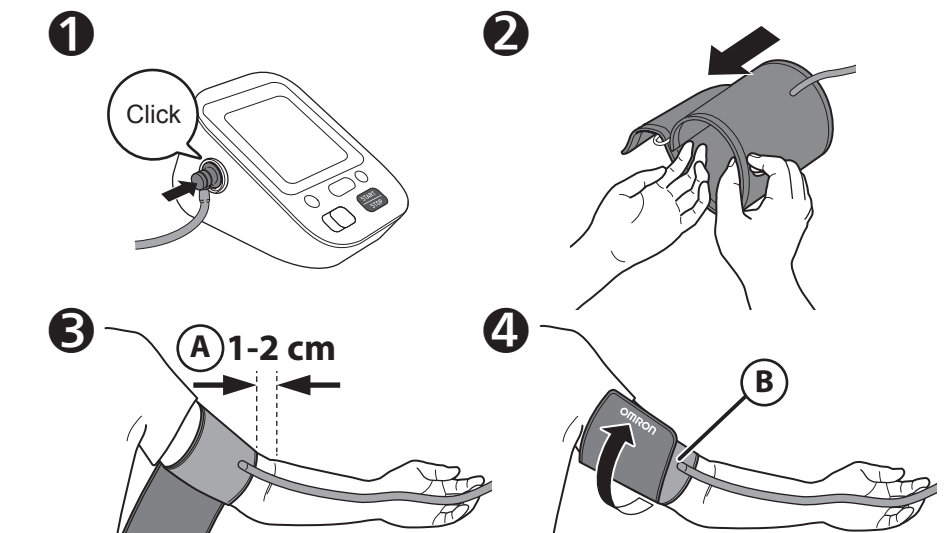
- FR Arrière / Avant
- DE Zurück / Vorwärts
- IT Indietro / Avanti
- ES Atrás / Adelante
- NL Terug / vooruit
- RU Назад / Вперед
- TR İleri / Geri

AR الرجوع / التقدم

5 Applying the Cuff on the Left Arm

- FR Pose du brassard sur le bras gauche
- DE Anbringen der Manschette am linken Arm
- IT Applicazione del bracciale sul braccio sinistro
- ES Colocación del manguito en el brazo izquierdo
- NL De manchet op de linkerarm aanbrengen
- RU Расположение манжеты на левой руке
- TR Kolluğun Sol Kola Takılması

AR لف الشريط الضاغط 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 Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb des Ellbogens liegen.
- IT Il lato del bracciale con il tubo deve trovarsi al di sopra 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.
- NL De kant met de slang van de manchet moet 1 - 2 cm boven de binnenkant van de elleboog liggen.
- RU Край манжеты с трубкой должен находиться на 1-2 см выше локтевого сгиба.
- TR Kolluğun boru tarafı, dirsek içinin 1 ila 2 cm üstünde olmalıdır.

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

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.
- NL Zorg ervoor dat de luchtslang zich aan de binnenkant van uw arm bevindt en wikkel de manchet stevig rond uw arm zodat deze niet meer kan wegglijden.
- RU Убедитесь, что воздуховодная трубка находится на внутренней поверхности плеча и надежно оберните манжету, чтобы она не прокручивалась вокруг руки.
- TR Hava borusunun kolunuzun iç tarafında olduğundan emin olun ve kolluğu kaymayacak şekilde sabit şekilde sarın.

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

If taking measurements on the right arm, refer to:

- FR Pour la prise de mesures au bras droit, voir :
- DE Bei Messungen am rechten Arm siehe:
- IT Se la misurazione viene eseguita al braccio destro, fare riferimento a:
- ES Si va a realizar mediciones en el brazo derecho, consulte:
- NL Als u metingen aan de rechterarm uitvoert, raadpleeg dan:
- RU При измерении на правой руке см:
- TR Sağ koldan ölçüm yapıyorsanız aşağıdakilere bakın:

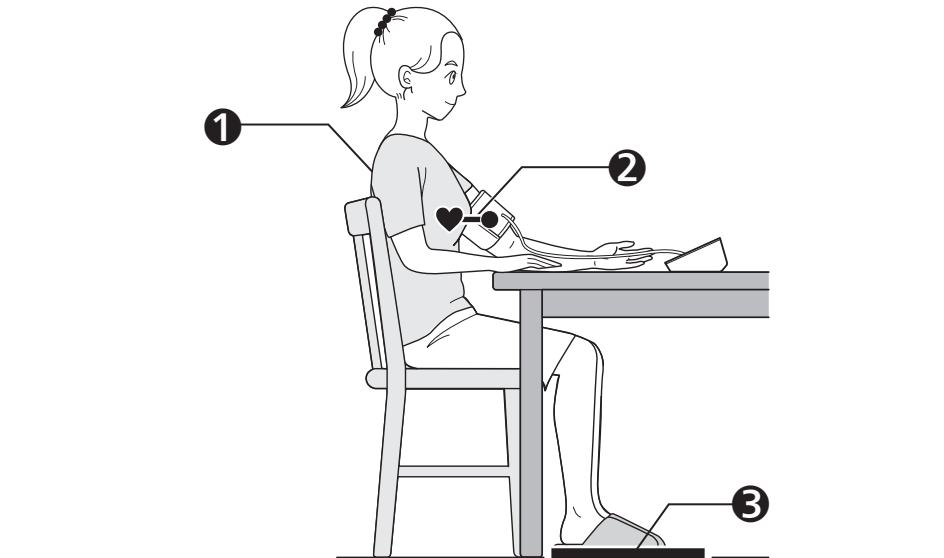
AR في حل إجراء القياس على الذراع الأيمن، ارجع إلى:

Instruction Manual 1 2.3

6 Sitting Correctly

- FR Position assise correcte
- DE Korrekte Körperhaltung
- IT Come sedere nel modo corretto
- ES Cómo sentarse correctamente
- NL Correct zitten
- RU Сядьте правильно
- TR Düzgün Oturma

AR الجلوس بشكل صحيح



1 Sit comfortably with your back and arm supported.

- FR S'asseoir confortablement de manière à ce que le dos et le bras soient bien soutenus.
- DE Bequem hinsetzen, mit dem Rücken anlehnen und den Arm auf eine Unterlage legen.
- IT Sedere comodamente con la schiena e il braccio ben sostenuti.
- ES Siéntese cómodamente de modo que la espalda y el brazo estén bien apoyados.
- NL Neem een comfortabele zitpositie in, met uw rug en arm ondersteund.
- RU Сядьте удобно, чтобы спина и рука опирались на что-либо.
- TR Sirtınız ve kolunuz desteklenerek rahat bir şekilde oturun.

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

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

- FR Le brassard doit se trouver au même niveau que votre cœur.
- DE Die Manschette auf Herzhöhe platzieren.
- IT Posizionare il bracciale allo stesso livello del cuore.
- ES Coloque el manguito al mismo nivel que el corazón.
- NL Plaats de armmanchet op hetzelfde niveau als uw hart.
- RU Манжета должна находиться на уровне сердца.
- TR Kolluğu kalbinizle aynı düzeye getirin.

AR ضع الشريط الضاغط للذراع في مستوى القلب نفسه.

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

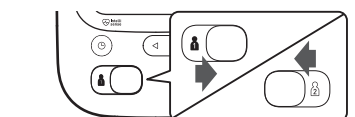
- FR Garder les pieds à plat, les jambes non croisées, ne pas bouger et ne pas parler.
- DE Füße flach auf den Boden stellen, die Beine nicht kreuzen, still halten und nicht sprechen.
- IT Tenere i piedi ben poggiati, non incrociare le gambe, rimanere fermi e non parlare.
- ES Mantenga los pies planos, las piernas sin cruzar, quédese quieto y no hable.
- NL Houd de voeten plat, benen niet gekruist, zit stil en praat niet.
- RU Поставьте ноги ровно, не перекрещивая их, не двигайтесь и не разговаривайте.
- TR Ayaklarınızı düz, bacaklarınızı açık tutun, hareketsiz kalın ve konuşmayın.

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

7 Selecting User ID (1 or 2)

- FR Sélection de l'ID Utilisateur (1 ou 2)
- DE Auswahl der Benutzer-ID (1 oder 2)
- IT Selezione dell'ID UTENTE (1 o 2)
- ES Selección de ID de usuario (1 o 2)
- NL Gebruikers-ID selecteren (1 of 2)
- RU Выберите идентификатор пользователя (1 или 2)
- TR Kullanıcı Kimliğini Seçme (1 veya 2)

AR تحديد هوية المستخدم الخاصة بك (١ أو ٢)



Switching user ID enables you to save readings for 2 people.

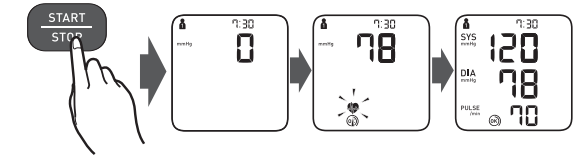
- FR Changer d'ID Utilisateur permet d'enregistrer les résultats pour 2 personnes.
- DE Mit verschiedenen Benutzer-IDs lassen sich Messwerte für 2 Personen speichern.
- IT Cambiare ID utente permette di registrare i risultati relativi a 2 persone.
- ES Cambiar de ID de usuario le permite guardar las lecturas de 2 personas.
- NL Door het wisselen van gebruikers-ID kunt u metingen voor 2 personen opslaan.
- RU Переключение идентификатора пользователя позволяет сохранять результаты для 2-х людей.
- TR Kullanıcı kimlikleri arasında geçiş yapma, 2 kişi için ölçüm değerlerini kaydetmenizi sağlar.

AR تتيح لك إمكانية تبديل معرف المستخدم لحفظ القراءات لشخصين.

## 8 Taking a Measurement

|                                    |                                |
|------------------------------------|--------------------------------|
| <b>FR</b> Réalisation d'une mesure | <b>NL</b> Een meting doen      |
| <b>DE</b> Vornehmen einer Messung  | <b>RU</b> Выполнение измерений |
| <b>IT</b> Misurazione              | <b>TR</b> Ölçüm Yapma          |
| <b>ES</b> Obtención de una lectura |                                |

إجراء القياس **AR**



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

**FR** Après une pression sur le bouton [START/STOP], la mesure démarre et le résultat est enregistré automatiquement.  
**DE** Beim Drücken der Taste [START/STOP] erfolgt die Messung. Die Messwerte werden automatisch gespeichert.  
**IT** Quando si preme il pulsante [START/STOP], la misurazione viene eseguita e salvata automaticamente.  
**ES** Al pulsar el botón [START/STOP], se obtiene la medición, que se guarda automáticamente.  
**NL** Wanneer op de knop [START/STOP] wordt gedrukt, wordt de meting automatisch uitgevoerd en opgeslagen.  
**RU** После того, как кнопка [START/STOP] нажата, измерение выполняется и сохраняется автоматически.  
**TR** [START/STOP] düğmesine basıldığında ölçüm yapılır ve otomatik olarak kaydedilir.

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

### Taking a measurement in guest mode

**FR** Réalisation d'une mesure en mode Invité  
**DE** Vornehmen einer Messung im Gast-Modus  
**IT** Misurazione in modalità Ospite  
**ES** Obtención de una lectura en modo de invitado

**NL** Een meting in gastmodus afnemen  
**RU** Выполнение измерений в гостевом режиме  
**TR** Konuk modunda ölçüm yapma

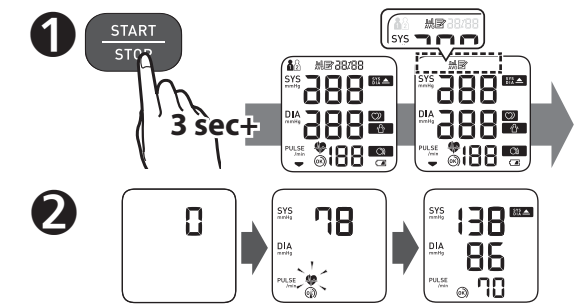
إجراء القياس باستخدام وضع الضيف **AR**

### The guest mode can be used to take a single measurement for another user.

#### No readings are stored in the memory.

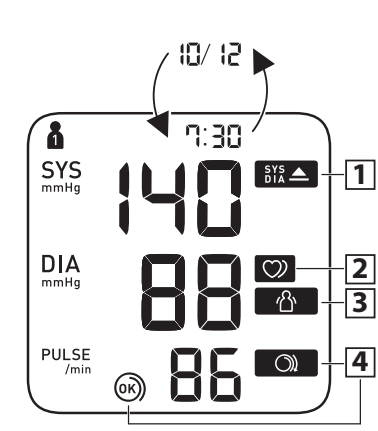
**FR** Le mode Invité permet de mesurer la pression artérielle d'une autre personne une seule fois. Les résultats ne sont pas enregistrés dans la mémoire.  
**DE** Soll eine einzelne Messung bei einem anderen Benutzer durchgeführt werden, kann dafür der Gast-Modus aktiviert werden. Im Gast-Modus werden keine Messwerte gespeichert.  
**IT** La modalità Ospite può essere utilizzata per eseguire una singola misurazione su un diverso utente. I risultati ottenuti non vengono memorizzati.  
**ES** Para realizar una única medición para otro usuario, se puede utilizar el modo de invitado. Cuando se selecciona el modo de invitado, no se guardan lecturas.

**NL** De gastmodus kan worden gebruikt om één enkele meting uit te voeren voor een andere gebruiker. Er worden geen metingen opgeslagen in het geheugen.  
**RU** Гостевой режим используется для единичного измерения артериального давления у другого лица. Если выбран гостевой режим, то измерения не сохраняются в памяти.  
**TR** Konuk modu, başka bir kişi için tek bir ölçüm yapmaya üzere kullanılabilir. Konuk modu seçildiğinde, ölçüm değerleri hafızada saklanmaz.  
**AR** ويمكن استخدام وضع الضيف لإجراء عملية قياس واحدة لمستخدم آخر. لا يتم تخزين أي قراءة داخل الذاكرة كما أن.



## 9 Checking Readings

|                                      |                                |                                   |                                    |
|--------------------------------------|--------------------------------|-----------------------------------|------------------------------------|
| <b>FR</b> Vérification des résultats | <b>DE</b> Prüfen der Messwerte | <b>IT</b> Controllo dei risultati | <b>ES</b> Comprobación de lecturas |
|--------------------------------------|--------------------------------|-----------------------------------|------------------------------------|



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

**FR** S'affiche si «SYS» est égale ou supérieure à 135 mmHg et/ou «DIA» égale ou supérieure à 85 mmHg\*.  
**DE** Wird angezeigt, wenn „SYS“ 135 mmHg\* oder mehr beträgt und/oder wenn „DIA“ 85 mmHg\* oder mehr beträgt.  
**IT** Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg\*.  
**ES** Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mm Hg\* o superior.  
**NL** Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg\* of hoger is.  
**RU** Отображается, если «SYS» 135 мм.рт.ст. и выше и/или «DIA» 85 мм.рт.ст.\* и выше.  
**TR** "SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg\* ya da üstünde olduğunda görünür.  
**AR** تظهر في حال كان "SYS" يبلغ ١٣٥ ملميمتراً زنيقياً أو أكثر و/أو "DIA" ٨٥ ملميمتراً زنيقياً\* أو أكثر.

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

**FR** S'affiche lorsqu'un rythme irrégulier\*\* est détecté pendant une mesure. S'il s'affiche à plusieurs reprises, OMRON recommande de consulter votre médecin.  
**DE** Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag\*\* festgestellt wird. Wird das Symbol wiederholt angezeigt, empfiehlt OMRON, sich an Ihren Arzt zu wenden.  
**IT** Viene visualizzato se nel corso di una misurazione viene rilevato un ritmo cardiaco irregolare\*\*.  
**ES** Aparece cuando se detecta un ritmo irregular\*\* durante una medición. Si aparece varias veces, OMRON recomienda que consulte a su médico.  
**NL** Verschijnt wanneer tijdens een meting een onregelmatig ritme\*\* wordt gedetecteerd. Als dit herhaaldelijk verschijnt, raadt OMRON aan om uw arts te raadplegen.  
**RU** Отображается, если при измерении определяется нерегулярный ритм\*\*. Если этот символ отображается неоднократно, компания OMRON рекомендует обратиться к лечащему врачу.  
**TR** Bir ölçüm esnasında düzensiz ritim\*\* saptandığında görünür. Tekrarlı şekilde görülmeye OMRON doktorunuza danışmanızı önerir.  
**AR** تظهر عند اكتشاف عدم انتظام ضربات القلب\*\* في أثناء عملية القياس. عند ظهورها بشكل متكرر، توصي OMRON باستشارة طبيبكم.

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

**FR** S'affiche si vous bougez pendant une mesure. Retirez le brassard, attendez 2 à 3 minutes et essayez à nouveau.  
**DE** Wird angezeigt, wenn Sie sich während der Messung bewegen. Nehmen Sie die Manschette ab, warten Sie 2-3 Minuten und versuchen Sie es erneut.  
**IT** Viene visualizzato se l'utilizzatore si muove durante la misurazione. Rimuovere il bracciale, attendere 2-3 minuti e riprovare.  
**ES** Aparece cuando se mueve el cuerpo durante una medición. Retire el manguito, espere unos 2 o 3 minutos e inténtelo de nuevo.  
**NL** Verschijnt wanneer uw lichaam tijdens een meting beweegt. Verwijder de armmanchet, wacht 2-3 minuten en probeer het opnieuw.  
**RU** Отображается при движении тела во время измерения. Снимите манжету, подождите 2-3 минуты и попробуйте еще раз.  
**TR** Bir ölçüm esnasında vücudunuz hareket ettiğinde görünür. Kolluğu çıkarın, 2-3 dakika bekleyip tekrar deneyin.  
**AR** تظهر عند تحرك جسمك في أثناء عملية القياس. قم بإزالة الشريط الضاغط للذراع وانتظر من ٢ إلى ٣ دقائق والمحاولة مرة أخرى.

|                             |                                |  |
|-----------------------------|--------------------------------|--|
| <b>NL</b> Metingen bekijken | <b>RU</b> Проверка результатов | <b>TR</b> Ölçüm Değerlerini Kontrol Etme |
|-----------------------------|--------------------------------|--|

التحقق من القراءات **AR**

### 4 Cuff is tight enough.

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

الشريط الضاغط محكم بما يكفي **AR**

### 4 Apply cuff again MORE TIGHTLY.

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

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

**FR** \*La définition de l'hypertension est basée sur les recommandations ESH/ESC 2018.  
**DE** \*Die Definition für Bluthochdruck basiert auf den 2018 ESH/ESC Richtlinien.  
**IT** \*La definizione di alta pressione arteriosa si basa sulle linee guida 2018 di ESH/ESC.  
**ES** \*La definición de presión arterial alta se basa en las guías 2018 ESH/ESC.  
**NL** \*De definitie van hoge bloeddruk is gebaseerd op de ESH/ESC-richtlijnen uit 2018.  
**RU** \*Определение высокого артериального давления основано на Рекомендациях 2018 ESH/ESC.  
**TR** \*Yüksek kan basıncı tanımı, 2018 ESH/ESC Kılavuzlarını temel alır.

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

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

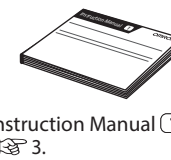
**FR** \*\*Un rythme cardiaque irrégulier est défini comme un rythme inférieur ou supérieur de 25 % au rythme moyen détecté durant une mesure.  
**DE** \*\*Ein unregelmäßiger Herzschlag ist definiert als ein Herzrhythmus, der weniger als 25 % oder mehr als 25 % des mittleren Herzrhythmus beträgt, der 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.  
**NL** \*\*Een onregelmatig hartslagritme wordt gedefinieerd als een ritme dat 25% lager of 25% hoger is dan het gemiddelde ritme dat tijdens een meting wordt gedetecteerd.  
**RU** \*\*Нерегулярный ритм сердцебиения — это ритм, который на 25% медленнее или быстрее измеренного среднего ритма.  
**TR** \*\*Düzensiz kalp atışı ritmi, bir ölçüm sırasında saptanan ortalamadaki %25 daha düşük veya %25 daha yüksek ritim olarak tanımlanır.

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

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

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

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



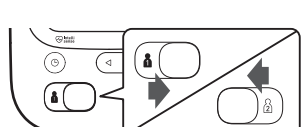
Instruction Manual ①  
البرقم ٣

## 10 Using Memory Functions

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

### Before using memory functions, select your user ID.

**FR** Avant d'utiliser les fonctions de mémoire, sélectionner votre ID Utilisateur.  
**DE** Wählen Sie vor dem Verwenden der Speicherfunktionen Ihre Benutzer-ID aus.  
**IT** Prima di utilizzare le funzioni di memoria selezionare il proprio ID utente.  
**ES** Antes de usar las funciones de memoria, seleccione su ID de usuario.  
**NL** Selecteer uw gebruikers-ID voordat u geheugenfuncties gebruikt.  
**RU** Перед использованием функций памяти выберите идентификатор пользователя.  
**TR** Hafıza fonksiyonunu kullanmadan önce kullanıcı kimliğinizi seçin.  
**AR** قبل استخدام وظائف الذاكرة، حدد معرف المستخدم الخاص بك.



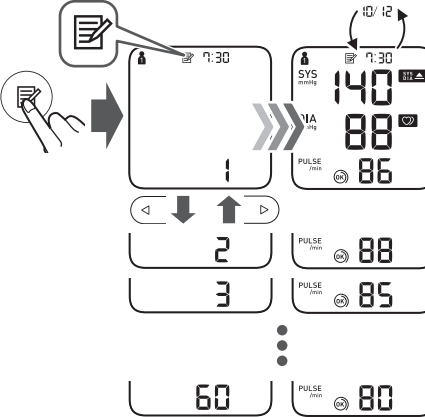
### 10.1 Readings Stored in Memory

**FR** Mesures stockées en mémoire  
**DE** Gespeicherte Messungen  
**IT** Risultati conservati in memoria  
**ES** Lecturas guardadas en la memoria  
**NL** Meetwaarden opgeslagen in het geheugen  
**RU** Сохранение результатов в памяти  
**TR** Hafızada Saklanan Ölçüm Değerleri

القراءات المخزنة في الذاكرة **AR**

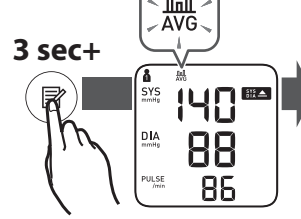
### Up to 60 readings are stored.

**FR** Jusqu'à 60 mesures sont stockées.  
**DE** Es werden bis zu 60 Messwerte gespeichert.  
**IT** Vengono conservati fino a 60 risultati.  
**ES** Se almacenan hasta 60 lecturas.  
**NL** Er kunnen tot 60 meetwaarden worden opgeslagen.  
**RU** Сохраняется до 60 результатов.  
**TR** 60 adede kadar ölçüm değeri saklanır.  
**AR** يصل عدد القراءات المخزنة إلى ٦٠ قراءة.



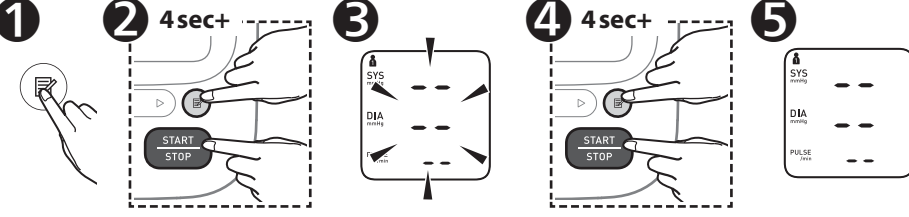
### 10.2 Average of the Latest 2 or 3 Readings Taken within a 10 Minute Span

**FR** Moyenne des 2 ou 3 dernières mesures prises en l'espace de 10 minutes  
**DE** Mittelwert der letzten 2 oder 3 Messwerte, die in einem 10-Minuten-Zeitraum erfasst wurden  
**IT** Media degli ultimi 2 o 3 risultati ottenuti nell'arco di 10 minuti  
**ES** Promedio de las 2 o 3 últimas lecturas realizadas en un intervalo de 10 minutos  
**NL** Gemiddelde van de laatste 2 of 3 metingen uitgevoerd binnen een tijdsperiode van 10 minuten  
**RU** Среднее значение из последних 2-x или 3-x результатов, полученных в течение 10 минут  
**TR** 10 Dakika Aralıkta Alınan Son 2 veya 3 Ölçüm Değerinin Ortalaması  
**AR** متوسط آخر قراءتين أو ٣ قراءات تم الحصول عليها في مدة زمنية تبلغ ١٠ دقائق



### 10.3 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  
**NL** Alle metingen verwijderen  
**RU** Удаление всех результатов  
**TR** Tüm Ölçüm Değerlerini Silme  
**AR** حذف جميع القراءات

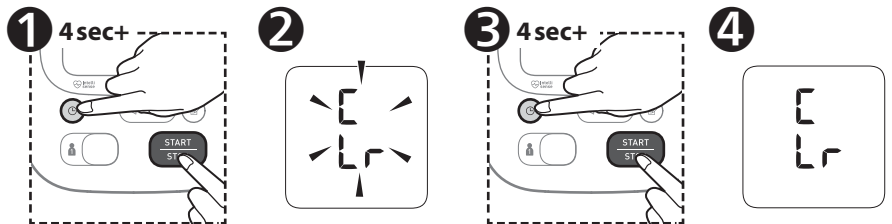


## 11 Other Settings

|                                 |                               |
|---------------------------------|-------------------------------|
| <b>FR</b> Autres réglages       | <b>NL</b> Andere instellingen |
| <b>DE</b> Weitere Einstellungen | <b>RU</b> Другие настройки    |
| <b>IT</b> Altre impostazioni    | <b>TR</b> Diğer Ayarlar       |
| <b>ES</b> Otros ajustes         | الإعدادات الأخرى <b>AR</b>    |

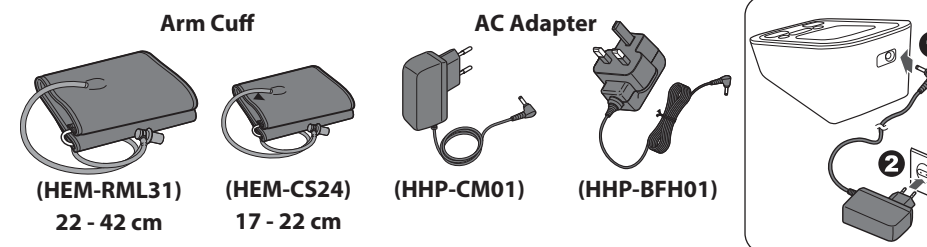
### 11.1 Restoring to the Default Settings

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



## 12 Optional Medical Accessories

|  |  |
|--|--|
| <b>FR</b> Accessoires médicaux optionnels  | <b>NL</b> Optionele medische accessoires |
| <b>DE</b> Optionales medizinisches Zubehör | <b>RU</b> Дополнительно принадлежности   |
| <b>IT</b> Accessori medici opzionali       | <b>TR</b> Opsiyonel Tıbbi Aksesuarlar    |
| <b>ES</b> Accesorios médicos opcionales    | الملحقات الطبية الاختيارية <b>AR</b>     |



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

**FR** Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option.  
**DE** Entsorgen Sie den Luftschlauchstecker nicht. Der Luftschlauchstecker wird für die optionale Manschette verwendet.  
**IT** Non gettare via l'attacco del tubo dell'aria. L'attacco del tubo dell'aria può essere applicato al bracciale opzionale.  
**ES** No tire el conector para tubo de aire. El conector para tubo de aire puede ser utilizado con el manguito opcional.  
**NL** Gooi de plug van de luchtslang niet weg. De plug van de luchtslang kan worden gebruikt op de optionele manchet.  
**RU** Не выбрасывайте воздушный штекер. Он может подойти к дополнительной манжете.  
**TR** Hava tıpasını atmayın. Hava tıpası isteğe bağlı kolluğa uygulanabilir.

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

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