Instruction Manual 1

OMRON

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.
NL Lees de gebruiksaanwijzing (1) en (2) voor gebruik.
DA Læs brugervejledningen (1) og (2) før brug.
PL Przed rozpoczęciem korzystania z ciśnieniomierza należy przeczytać instrukcję obsługi (1) i (2).
SV Läs bruksanvisning (1) och (2) före användning.
AR اقرأ دليل الإرشادات (1) و(2) قبل الاستخدام.

CE 0197

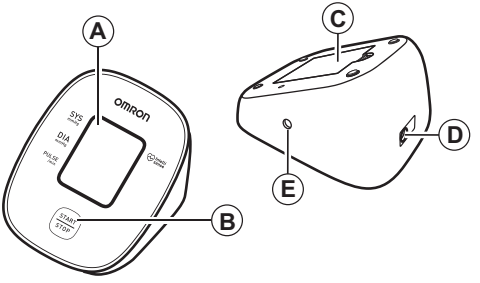
All for Healthcare

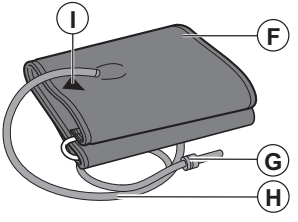
EN
FR
DE
IT
ES
NL
DA
PL
SV
AR
Symbols

Symboles / Symbole / Simboli / Símbolos / Symbolen / Symboler / Symbole / الرمز / Symboler

Overview

FR Présentation générale
DE Überblick
IT Presentazione del prodotto
ES Descripción general
NL Overzicht
DA Oversigt
PL Przegląd
SV Översikt
AR نظرة عامة





A	**Display** **FR** Affichage **DE** Display **IT** Display **ES** Pantalla **NL** Weergave **DA** Display **PL** Wyświetlacz **SV** Bildskärm **AR** الشاشة
B	**[START/STOP] button** **FR** Bouton [START/STOP] **DE** [START/STOP]-Taste **IT** Pulsante [START/STOP] **ES** Botón [START/STOP] **NL** Knop [START/STOP] **DA** [START/STOP]-knap **PL** Przycisk [START/STOP] **SV** [START/STOP]-knapp **AR** زرّ [START/STOP] (فاقيّ/بنب)
C	**Battery compartment** **FR** Compartiment des piles **DE** Batteriefach **IT** Alloggiamento batterie **ES** Compartimento de las pilas **NL** Batterijvak **DA** Batterikammer **PL** Komora baterii **SV** Batterifack **AR** حجيرة البطاريات
D	**AC adapter jack** **FR** Prise pour l'adaptateur secteur **DE** Netzteilanschluss **IT** Presa per alimentatore CA **ES** Toma del adaptador de CA **NL** Netadapteraansluiting **DA** Stik til AC-adapter **PL** Gniazdko zasilacza **SV** Nätadapterjack **AR** مقبس مهايئ التيار المتردد

E	**Air jack** **FR** Prise à air **DE** Luftschlauchbuchse **IT** Presa per il tubo dell'aria **ES** Toma de aire **NL** Luchtslangaansluiting **DA** Udtag **PL** Przyłącze powietrza **SV** Luftingång **AR** مقبس خرطوم الهواء
F	**Arm cuff** **FR** Brassard **DE** Manschette **IT** Bracciale **ES** Manguito **NL** Armmanchet **DA** Armmanchet **PL** Mankiet **SV** Manschett **AR** الشريط الضاغط للذراع
G	**Air plug** **FR** Prise de gonflage **DE** Luftschlauchstecker **IT** Attacco del tubo dell'aria **ES** Conector para tubo de aire **NL** Plug van de luchtslang **DA** Luftstik **PL** Wtyczka przewodu powietrza **SV** Luftkontakt **AR** قابس خرطوم الهواء
H	**Air tube** **FR** Tuyau à air **DE** Luftschlauch **IT** Tubo dell'aria **ES** Tubo de aire **NL** Luchtslang **DA** Luftslange **PL** Przewód powietrza **SV** Luftslang **AR** خرطوم الهواء
I	**Marker** **FR** Marque **DE** Markierung **IT** Contrassegno **ES** Marcador **NL** Markering **DA** Mærke **PL** Znacznik **SV** Markör **AR** علامة التحديد

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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 gives a warning signal 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.
- 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.

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
E1 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).
E2 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.	
E3 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).
E4 appears	You move or talk during a measurement. Vibrations disrupt a measurement.	Remain still and do not talk during a measurement.
E5 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		

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Display/Problem	Possible Cause	Solution
Er 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

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.

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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) 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: ±3 mmHg / Pulse: ±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 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-CR24), 4 "AA" batteries, Instruction Manual ① and ②		
Protection against electric shock	Internally powered ME equipment (when using only batteries) 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) Arm cuff: 145 mm × 466 mm (air tube: 610 mm)		
Cuff circumference applicable to the monitor	170 to 420 mm (included arm cuff: (220 to 320 mm))		
Memory	Last measurement		

Note

- These specifications are subject to change without notice.
- This monitor is clinically investigated according to the requirements of ISO 81060-2:2013 (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 and HEM-7121J-EO conform to EN60601-1-2:2015 Electromagnetic Compatibility (EMC) standard.
Further documentation in accordance with this EMC standard is available at
www.omron-healthcare.com
Refer to the EMC information for HEM-7121J-E and HEM-7121J-EO 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
NL Beschrijving van symbolen
DA Symbolbeskrivelse
PL Opis symboli
SV Beskrivning av symboler
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)

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

DA Anvendt del - type BF Beskyttelsesgrad mod elektrisk stød (lækstrøm)

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

SV Personansluten del – typ BF, grad av skydd mot elstöt (läckström)

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 Apparatuur van Klasse II. Bescherming tegen elektrische schokken

DA Klasse II-udstyr. Beskyttelse mod elektrisk stød

PL "Urządzenie klasy II. Ochrona przed porażeniem prądem"

SV Klass II-apparat. Skydd mot elstöt

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

DA Indtrængnings-beskyttelsesgrad i henhold til IEC 60529

PL Stopień ochrony wg IEC 60529

SV Kapslingsklass i enlighet med IEC 60529

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
DA CE-mærke
PL Oznaczenie CE
SV CE-märkning
AR علامة التوافق مع اللجنة الأوروبية (CE)

Serial number

FR Numéro de série
DE Seriennummer
IT Numero di serie
ES Número de serie
NL Serienummer
DA Serie nr.
PL Numer serii
SV Serienummer
AR الرقم المتسلسل

LOT number

FR Numéro de LOT
DE LOT-Nummer
IT Numero di lotto
ES Número de lote
NL Partijnummer
DA Partinr.
PL Numer partii
SV LOT-nummer
AR رقم التشغيلة

Medical device

FR Dispositif médical
DE Medizinprodukt
IT Dispositivo medico
ES Producto sanitario
NL Medisch apparaat
DA Medicinsk udstyr
PL Wyrób medyczny
SV Medicinteknisk produkt
AR جهاز طبي

Temperature limitation

FR Limitation de température
DE Temperaturbegrenzung
IT Limite di temperatura
ES Limitación de la temperatura
NL Temperatuur-begrenzing
DA Temperatur-begrænsning
PL Ograniczenia dot. temperatury
SV Temperaturgräns
AR حدود درجة الحرارة المناسبة

Humidity limitation

FR Limitation d'humidité
DE Luftfeuchtigkeits-begrenzung
IT Limite di umidità
ES Limitación de la humedad
NL Vochtigheidsbegrenzing
DA Fugtighedsbegrænsning
PL Ograniczenia dot. wilgotności
SV Fuktighetsgräns
AR حدود الرطوبة المناسبة

Atmospheric pressure limitation

FR Limitation de pression atmosphérique
DE Luftdruckbegrenzung
IT Limite di pressione atmosferica
ES Limitación de la presión atmosférica
NL Luchtdrukbegrenzing
DA Begrænsning for atmosfærisk tryk
PL Ograniczenia dot. ciśnienia atmosferycznego
SV Gräns för atmosfäriskt tryck
AR حدود الضغط الجوي المناسب

Indication of connector polarity

FR Indication de la polarité des connecteurs

DE Anzeige der Steckerpolarität

IT Indicazione della polarità dei connettori

ES Indicación de la polaridad del conector

NL Indicatie van polariteit van aansluiting

DA Angivelse af stikpolaritet

PL Oznaczenie biegunowości złącza

SV Indikering av kontaktpoler

AR علامة تشير لقطبية الموصل

For indoor use only

FR Pour un usage à l'intérieur uniquement

DE Nur für die Nutzung in Innenbereichen

IT Solo per uso in interni

ES Para uso solo en interiores

NL Alleen voor gebruik binnenshuis

DA Kun til brug inden døre

PL Wyłącznie do użytku wewnętrznego

SV Endast för inomhusbruk

AR صالح للاستخدام في المناطق المغلقة فقط

OMRON's trademarked technology for blood pressure measurement

FR Technologie protégée par la marque de commerce OMRON pour la mesure de la pression artérielle

DE Markenrechtlich geschützte Technologie von OMRON zur Blutdruckmessung

IT Tecnologia brevettata OMRON per la misurazione della pressione arteriosa

ES La tecnología de OMRON para medir la presión arterial

NL Technologie voor bloeddrukmeting onder handelsmerk van OMRON

DA OMRONs varemærketeknologi for blodtryksmåling

PL Opatrzona znakiem towarowym technologia firmy Omron dotycząca pomiaru ciśnienia krwi

SV OMRONS varumärkesskyddade teknik för blodtrycksmätning

AR تقنية العلامة التجارية OMRON لقياس ضغط الدم

Identifier of cuffs compatible for the device

FR Identificateur des brassards compatibles avec l'appareil

DE Kennzeichnung der mit dem Gerät kompatiblen Manschetten

IT Identifica i bracciali compatibili con il dispositivo

ES Identificador para manguitos compatibles con el dispositivo

NL Identificatie van manchetten die compatibel zijn met het apparaat

DA Identifikator for manchetter, der er kompatible med apparatet

PL Sposób identyfikacji mankietów zgodnych z urządzeniem

SV Identifiering av manschetter som är kompatibla med enheten

AR علامات تحديد الشرائط الضاغطة المتوافقة مع الجهاز

Cuff positioning indicator for the left arm

FR Indicateur de positionnement du brassard pour le bras gauche

DE Indikator für die Manschettenposition am linken Arm

IT Indicatore di posizionamento del bracciale per il braccio sinistro

ES Indicador de posición del manguito en el brazo izquierdo

NL Indicator voor positionering van de manchet voor de linkerarm

DA Manchetplaceringsindikator for venstre arm

PL Wskaźnik umiejscowienia mankietu na lewym ramieniu

SV Indikator för manschettens placering på vänster arm

AR المؤشر الخاص بموضع الشريط الضاغط للذراع الأيسر

Marker on the cuff to be positioned above the artery

FR Repère sur le brassard, à positionner au-dessus de l'artère

DE Markierung auf der Manschette, die oberhalb der Arterie liegen muss

IT Contrassegno sul bracciale da posizionare al di sopra dell'arteria

ES La marca del manguito debe colocarse sobre la arteria

NL Markering op de manchet die boven de slagader moet worden geplaatst

DA Markør på manchetten, placeres over åren

PL Znacznik na mankiecie, wskazujący pozycję umieszczenia nad tętnicą

SV Markör på manschetten som ska placeras ovanför artären

AR علامة بالشريط الضاغط للإشارة إلى وجوب وضعه فوق الشريان

Range pointer and brachial artery alignment position

FR Pointeur de plage et position d'alignement sur l'artère brachiale

DE Bereichsanzeiger und Ausrichtungsposition mit der Oberarmarterie

IT Puntatore e posizione di allineamento dell'arteria brachiale

ES Indicación de las medidas y posición de alineación con la arteria braquial

NL Bereikaanduiding en positie voor uitlijning met slagader

DA Områdemarkør og justeringsposition for arteria brachialis

PL Wskaźnik zakresu i dostosowania pozycji do tętnicy ramiennej

SV Intervallpekare och justeringsläge för armartären

AR 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

NL Bereikindicator voor armomtrek om te helpen bij het kiezen van de juiste manchetmaat

DA Områdeindikator for armomkreds som hjælp til valg af korrekt manchetstørrelse

PL Wskaźnik zakresu obwodu ramienia pomagający w doborze mankietu o właściwym rozmiarze

SV Intervallindikator för armens omkrets för att underlätta val av rätt manschettstorlek

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

QUALITY PASS

Quality pass

Manufacturer's quality control mark

FR Marque de contrôle de la qualité du fabricant

DE Qualitätskontroll-zeichen des Herstellers

IT Contrassegno controllo qualità del produttore

ES Marca del control de calidad del fabricante

NL Symbool voor kwaliteits-controle van fabrikant

DA Producentens kvalitets-kontrolmærke

PL Znak kontroli jakości producenta

SV Tillverkarens kvalitets-kontrollmärke

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

NL Bevat geen natuur-rubberlatex

DA Indeholder ikke naturlig gummilatex

PL Wyprodukowane bez użycia naturalnego lateksu

SV Inte gjord av naturlig gummilatex

AR تم التصنيع دون استخدام لاتيكس المطاط الطبيعي

Arm circumference

FR Circonférence du bras

DE Armumfang

IT Circonferenza del braccio

ES Perímetro de brazo

NL Armomtrek

DA Armomkreds

PL Obwód ramienia

SV Armens omkrets

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-anweisung lesen

IT L'utente deve consultare il presente manuale di istruzioni

ES Es necesario que el usuario consulte este manual de instrucciones

NL Noodzaak voor de gebruiker om deze gebruiks-aanwijzing te raadplegen

DA Det er nødvendigt, at brugeren læser brugervejledningen

PL Użytkownik powinien zapoznać się z niniejszą instrukcją obsługi.

SV Användaren måste läsa denna användarhandbok

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.

NL Noodzaak voor de gebruiker om zich voor de eigen veiligheid zorgvuldig aan deze gebruiksaanwijzing te houden.

DA Følg brugervejled-ningen omhyggeligt af hensyn til din sikkerhed.

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

SV Användaren måste följa denna användarhandbok noga av säkerhetsskäl.

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

NL Gelijkstroom
DA Direkte strøm
PL Prąd stały
SV Likström

AR التيار المباشر

Alternating current

FR Courant alternatif
DE Wechselstrom
IT Corrente alternata
ES Corriente alterna
NL Wisselstroom
DA Vekselstrøm
PL Prąd zmienny
SV Växelström
التيار المتناوب **AR**

Date of manufacture

FR Date de fabrication
DE Herstellungsdatum
IT Data di fabbricazione
ES Fecha de fabricación
NL Productiedatum
DA Produktionsdato
PL Data produkcji
SV Tillverkningsdatum
تاريخ التصنيع **AR**

Prohibited action

FR Action interdite
DE Verbotene Aktion
IT Operazione proibita
ES Acción prohibida
NL Verboden handeling
DA Forbudt handling
PL Czynność niedozwolona
SV Förbjuden åtgärd
إجراء محظور **AR**

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Uitgiftedatum:
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Utgivningsdatum:
تاريخ الإصدار:
2020-08-31

IM1-HEM-7121J-EO-02-08/2020
5630196-2B

Instruction Manual 2

OMRON

Automatic Upper Arm
Blood Pressure Monitor

M2 Basic (HEM-7121J-E)
X2 Basic (HEM-7121J-EO)

All for Healthcare

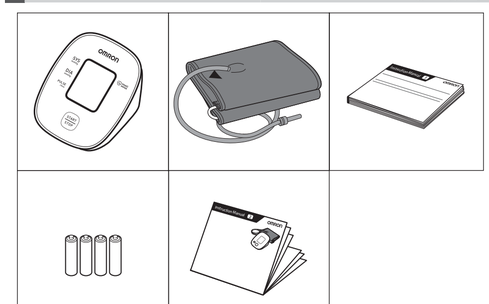
IM2-HEM-7121J-EO-01-04/2020
5630197-0A

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.
DA Læs brugervejledningen ① og ② før brug.
PL Przed rozpoczęciem korzystania z ciśnieniomierza należy przeczytać instrukcję obsługi ① i ②.
SV Läs bruksanvisning ① och ② före användning.
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
NL Inhoud van de verpakking
DA Pakkens indhold
PL Zawartość opakowania
SV Förpackningens innehåll
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
DA Forberedelse af en måling
PL Przygotowanie do pomiaru
SV Förbereda en mätning
AR التجهيز لعملية القياس

30 minutes before

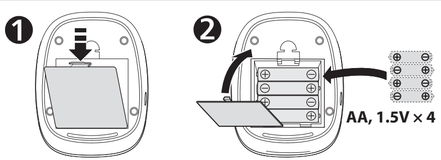
FR 30 minutes avant
DE 30 Minuten vorher
IT 30 minuti prima
ES 30 minutos antes
NL 30 minuten ervoor
DA 30 minutter før
PL 30 minut przed
SV 30 minuter innan
AR قبل القياس بمدة تبلغ ٣٠ دقيقة

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.
DA 5 minutter før: Slap af og hvil.
PL 5 minut przed: odpręż się i odpocznij.
SV 5 minuter innan: slappna av och vila.
AR قبل القياس بمدة تبلغ ٥ دقائق: استرخ واستركِ.

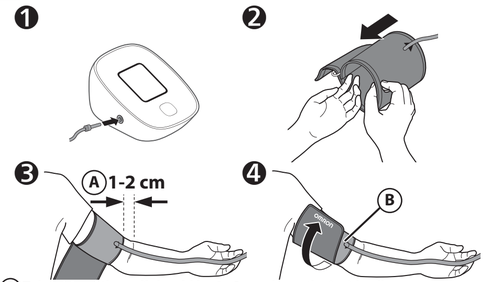
3 Installing Batteries

FR Mise en place des piles
DE Einsetzen der Batterien
IT Installazione delle batterie
ES Instalación de las pilas
NL Batterijen plaatsen
DA Isætning af batterier
PL Instalacja baterii
SV Sätta i batterierna
AR تركيب البطاريات



4 Applying the Cuff on the Left Arm

FR Pose du brassard sur le bras gauche
DE Anbringen der Manschette am linken Arm
IT Applicazione del bracciale sul braccio sinistro
ES Colocación del manguito en el brazo izquierdo
NL De manchet op de linkerarm aanbrengen
DA Påsætning af manchetten på venstre arm
PL Zakładanie mankietu na lewe ramię
SV Sätta på manschetten på vänster arm
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.
DA Slangesiden af manchetten skal sidde 1 til 2 cm over indersiden af albuen.
PL Koniec mankietu z podłączonym przewodem powietrza powinien znajdować się 1–2 cm powyżej zgięcia łokcia.
SV Slangsidan av manschetten ska vara 1–2 cm ovanför insidan av armbågen.
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 ste vig rond uw arm zodat deze niet meer kan wegglijden.
DA Kon trollér, at luftslangen sidder på indersiden af armen, og vikl manchetten fast om armen, så den ikke kan drejes rundt.
PL Upewnić się, że przewód powietrza znajduje się po wewnętrznej stronie ramienia i owinąć starannie mankiet, aby się nie zsuwał.
SV Se till att luftslangen sitter på insidan av armen och linda manschetten ordentligt så att den inte längre kan glida runt.
AR تأكد من أن خرطوم الهواء على الجانب الداخلي من ذراعك ولف الشريط الضاغط بإحكام بحيث لا ينزلق حول الذراع.

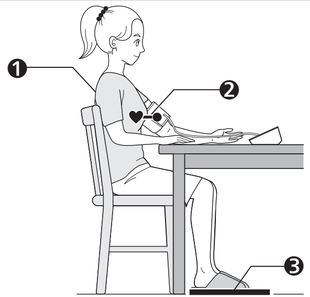
If taking measurements on the right arm, refer to:

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:
DA Ved målinger på højre arm, se:
PL Pomiar ciśnienia na prawym ramieniu, patrz:
SV Om du mäter på höger arm, se:
AR في حال إجراء القياس على الذراع الأيمن، ارجع 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
NL Correct zitten
DA Sæt dig korrekt
PL Zakładanie mankietu na lewe ramię
SV Rätt sittställning
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.
NL Neem een comfortabele zitpositie in, met uw rug en arm ondersteund.
DA Sid behageligt med støtte til ryg og arm.
PL Usiądź wygodnie, opierając plecy i ramię.
SV Sitt bekvämt med stöd för ryggen och armen.
AR اجلس بحيث يكون الظهر والذراع في وضع استناد.

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

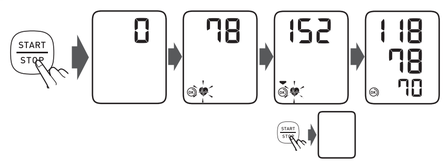
FR Le brassard doit se trouver au même niveau que votre cœur.
DE Die Manschette auf Herzhöhe platzieren.
IT Posizionare il bracciale allo stesso livello del cuore.
ES Coloque el manguito al mismo nivel que el corazón.
NL Plaats de armmanchet op hetzelfde niveau als uw hart.
DA Placer manchetten i niveau med dit hjerte.
PL Mankiet powinien znajdować się na wysokości serca.
SV Armmanschetten ska vara på samma nivå som hjärtat.
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.
DA Sæt fødderne på gulvet, kryds ikke benene, forhold dig i ro, og tal ikke.
PL Stopy ułożyć płasko na podłodze, nie krzyżować nóg, siedzieć spokojnie, bez ruchu i nie rozmawiać
SV Håll fötterna plant mot golvet, benen får inte vara korsade, var stilla och prata inte.
AR اجعل قدميك في وضع مسطّح وساقيك في وضع متباعد وحافظ على ثباتك ولا تتحدث.

6 Taking a Measurement

FR Réalisation d'une mesure
DE Vornehmen einer Messung
IT Misurazione
ES Obtención de una lectura
NL Een meting doen
DA Foretag en måling
PL Prawidłowa pozycja ciała
SV Göra en mätning
AR إجراء القياس



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

FR Après une pression sur le bouton [START/STOP], la mesure démarre et le résultat est enregistré automatiquement.
DE Beim Drücken der Taste [START/STOP] erfolgt die Messung. Die Messwerte werden automatisch gespeichert.
IT Quando si preme il pulsante [START/STOP], la misurazione viene eseguita e salvata automaticamente.
ES Al pulsar el botón [START/STOP], se obtiene la medición, que se guarda automáticamente.
NL Wanneer op de knop [START/STOP] wordt gedrukt, wordt de meting automatisch uitgevoerd en opgeslagen.
DA Når du trykker på knappen [START/STOP], foretages og gemmes målingen automatisk.
PL Po naciśnięciu przycisku [START/STOP] następuje pomiar i jego automatyczny zapis.
SV När knappen [START/STOP] trycks in tas mätningen och sparas automatiskt.
AR عند الضغط على زر [START/STOP]، يتم إجراء القياس وحفظه تلقائيًا.

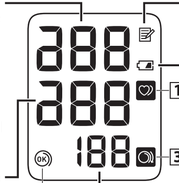
If your systolic pressure is more than 210 mmHg:

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

FR **Si votre pression systolique est supérieure à 210 mmHg :**
Lorsque le brassard se gonfle, appuyer sur le bouton [START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre atteigne une pression de gonflage supérieure de 30 à 40 mmHg à votre pression systolique attendue.
DE **Wenn Ihr systolischer Druck höher ist als 210 mmHg:**
Nachdem die Manschette begonnen hat, sich aufzupumpen, drücken Sie die [START/STOP]-Taste, und halten Sie sie gedrückt, bis ein Druck von 30 bis 40 mmHg über Ihrem erwarteten systolischen Druck erreicht ist.
IT **Se la pressione sistolica è superiore a 210 mmHg:**
Quando il bracciale inizia a gonfiarsi, premere e mantenere premuto il pulsante [START/STOP] finché il misuratore non raggiunge una pressione da 30 a 40 mmHg superiore rispetto al valore di pressione sistolica atteso.
ES **En caso de que su presión arterial sistólica esté por encima de 210 mmHg:**
Una vez que el manguito comience a inflarse, mantenga pulsado el botón [START/STOP] hasta que el monitor indique que el inflado está entre 30 y 40 mmHg por encima de la presión arterial sistólica estimada.
NL **Als uw systolische druk hoger is dan 210 mmHg:**
Zodra de armmanchet wordt opgepompt, houdt u de knop [START/STOP] ingedrukt totdat de meter 30 tot 40 mmHg hoger aangeeft dan uw verwachte systolische druk.
DA **Hvis det systoliske tryk er mere end 210 mmHg:**
Hold knappen [START/STOP] nede, når armmanchetten begynder at blive pumpet op, til apparatet er pumpet 30 til 40 mmHg højere end det forventede systoliske tryk.
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.
SV **Om ditt systoliska tryck är högre än 210 mmHg:**
När manschetten börjar blåsas upp håller du [START/STOP]-knappen intryckt tills mätaren är uppblåst till 30–40 mmHg högre än ditt förväntade systoliska tryck.
AR **إذا كان ضغط دمك الإنقباضي أكثر من ٢١٠ ملليمترات زئبقية:**
بعد بدء انتفاخ الشريط الضاغط للذراع، اضغط مع الاستمرار على الزر [START/STOP] (بدء/إيقاف) حتى يقوم الجهاز بالنفخ من ٣٠ إلى ٤٠ ملليمترًا زئبقيًا أعلى من قيمة ضغط الدم الانقباضي المتوقعة لديك.

7 Checking Readings

FR Vérification des résultats
DE Prüfen der Messwerte
IT Controllo dei risultati
ES Comprobación de lecturas
NL Metingen bekijken
DA Kontrol af målinger
PL Sprawdzanie odczytów
SV Kontrollera avläsningar
AR التحقق من القراءات



Systolic blood pressure
FR Pression artérielle systolique
DE Systolischer Blutdruck
IT Pressione sistolica
ES Presión arterial sistólica
NL Systolische bloeddruk
DA Systolisk blodtryk
PL Ciśnienie skurczowe krwi
SV Systoliskt blodtryck
AR ضغط الدم الانقباضي

Diastolic blood pressure
FR Pression artérielle diastolique
DE Diastolischer Blutdruck
IT Pressione diastolica
ES Presión arterial diastólica
NL Diastolische bloeddruk
DA Diastolisk blodtryk
PL Ciśnienie rozkurczowe krwi
SV Diastoliskt blodtryck
AR ضغط الدم الانبساطي

Memory symbol
FR Symbole de la mémoire
DE Speichersymbol
IT Indicatore della memoria
ES Símbolo de memoria
NL Geheugensymbool
DA Symbol for hukommelse
PL Symbol pamięci
SV Symbol för minne
AR رمز الذاكرة

Low / Depleted battery symbol
FR Symbole de faiblesse/épuisement des piles
DE Symbol für niedrigen Batterieladestand / leere Batterien
IT Simbolo di batteria in esaurimento / esaurita
ES Símbolo de pilas bajas/agotadas
NL Symbool laag batterijvermogen
DA Symbol for lav batteristyrke / fladt batteri
PL Symbol niskiego poziomu naładowania / rozładowania baterii
SV Symbol för låg batterinivå/urladdat batteri
AR رمز انخفاض مستوى البطارية / استنزافها

Pulse rate
FR Fréquence cardiaque
DE Pulsfrequenz
IT Frequenza delle pulsazioni
ES Frecuencia cardíaca
NL Hartslag
DA Puls
PL Tętno
SV Puls
AR معدل النبض

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.
NL Verschijnt wanneer tijdens een meting een onregelmatig ritme* wordt gedetecteerd. Als dit herhaaldelijk verschijnt, raadt OMRON aan om uw arts te raadplegen.
DA Vises, hvis en uregelmæssig rytme* registreres under en måling. Hvis dette vises gentagne gange, anbefaler OMRON, at du kontakter din læge.
PL Pojawia się, gdy w czasie pomiaru wykryto arytmię*. Jeżeli pojawia się wielokrotnie, firma OMRON zaleca konsultację z lekarzem.
SV Visas när en oregelbunden rytm* upptäcks under en mätning. Om den här symbolen visas upprepade gånger rekommenderar OMRON att du rådgör med din läkare.
AR تظهر عند اكتشاف عدم انتظام ضربات القلب* في أثناء عملية القياس. عند ظهورها بشكل متكرر، توصي OMRON باستشارة طبيبك.

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.
NL Manchet zit strak genoeg.
DA Manchetten er tilstrækkelig stram.
PL Mankiet jest wystarczająco ciasno założony.
SV Manschetten sitter tillräckligt stramt.
AR 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.
NL Breng de manchet STRÄKKER aan.
DA Sæt manchetten STRAMMERE på.
PL Założyć mankiet ponownie, MOCNIEJ zaciskając.
SV Sätt på manschetten igen och DRA ÅT DEN MER.
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 arrítmico 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.
DA *En uregelmæssig hjerterytme defineres som en hjerterytme, der er 25% mindre eller 25% mere i forhold til den gennemsnitlige hjerterytme, der registreres under en måling.
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.
SV *Oregelbundna hjärtslag är en hjärtrytm som är 25 % långsammare eller 25 % snabbare än den genomsnittliga hjärtrytm som identifieras under en mätning.
AR *يُعرف اضطراب ضربات القلب بأنه نظم أقل من النظم الطبيعي الذي يتم اكتشافه في أثناء عملية القياس بمعدل ٢٥٪ أو أكثر منه بمعدل ٢٥٪.

Error messages or other problems? Refer to:

FR Messages d'erreur ou autres problèmes ? Voir :
DE Weitere Fehlermeldungen oder Probleme siehe:
IT Messaggi di errore o altri problemi? Fare riferimento a:
ES ¿Hay mensajes de error u otros problemas? Consulte:
NL Foutmeldingen of andere problemen? Raadpleeg:
DA Fejlmeddelelser eller andre problemer? Se:
PL Komunikaty o błędzie lub inny problem? Przejdź do:
SV Felmeddelanden eller andra problem? Se:
AR رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:

Instruction Manual (1) ☞ 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
NL Geheugenfuncties gebruiken
DA Brug af hukommelsesfunktioner
PL Korzystanie z funkcji pamięci
SV Använda minnesfunktioner
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
NL Meetwaarden opgeslagen in het geheugen
DA Måling, der er gemt i hukommelsen
PL Odczyty zapisane w pamięci
SV Avläsning lagrad i minnet

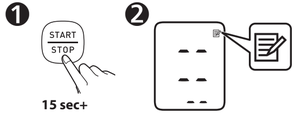
5 sec+

Your last reading is stored.

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.
تم تخزين القراءة في الذاكرة AR
NL Laaste meetwaarde opgeslagen.
DA Din seneste måling gemmes.
PL Zapisywany jest ostatni odczyt.
SV Din senaste avläsning lagras.
AR تم تخزين القراءة الأخيرة لك

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
NL Alle metingen verwijderen
DA Sletning af alle målinger
PL Usuwanie wszystkich odczytów
SV Radera alla avläsningar
AR حذف جميع القراءات



15 sec+

9 Optional Medical Accessories

FR Accessoires médicaux optionnels
DE Optionales medizinisches Zubehör
IT Accessori medicali opzionali
ES Accesorios médicos opcionales
NL Optionele medische accessoires
DA Valgfrit medicinsk tilbehør
PL Opcjonalne akcesoria medyczne
SV Valfria medicinska tillbehör
AR الملحقات الطبية الاختيارية

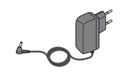
Arm Cuff

(HEM-RML31)
22 - 42 cm

(HEM-CS24)
17 - 22 cm

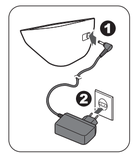
(HEM-CR24)
22 - 32 cm

AC Adapter



(HHP-CM01)

(HHP-BFH01)



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.
DA Smid ikke luftstikket væk. Luftstikket kan anvendes sammen med den valgfri manchet.
PL Nie wyrzucać wtyczki przewodu powietrza. Wtyczkę przewodu powietrza można podłączyć do opcjonalnego mankietu.
SV Kasta inte bort luftkontakten. Luftkontakten kan användas på den valfria manschetten.
AR لا تتخلص من سدادة الهواء. يمكن استعمال سدادة الهواء مع الشريط الضاغط الاختياري.

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

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