

Introduction

Thank you for purchasing the OMRON M5 Automatic Blood Pressure Monitor.

The OMRON M5 is a compact, fully automatic blood pressure monitor, operating on the oscillometric principle.

Intended Use This product is designed to measure the blood pressure and pulse rate of people within the range of the designated arm cuff, following the instructions in this instruction manual.

Please read this instruction manual thoroughly before using the unit. Please keep for future reference.

Important Safety Information

Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or atherosclerosis. Please read this section carefully before using the unit.

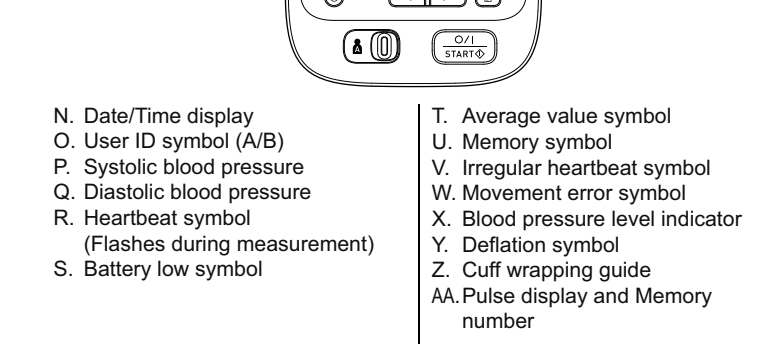
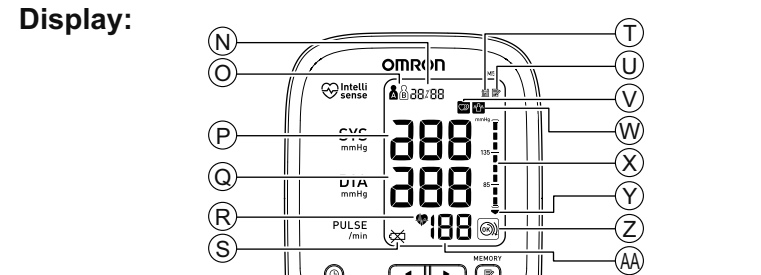
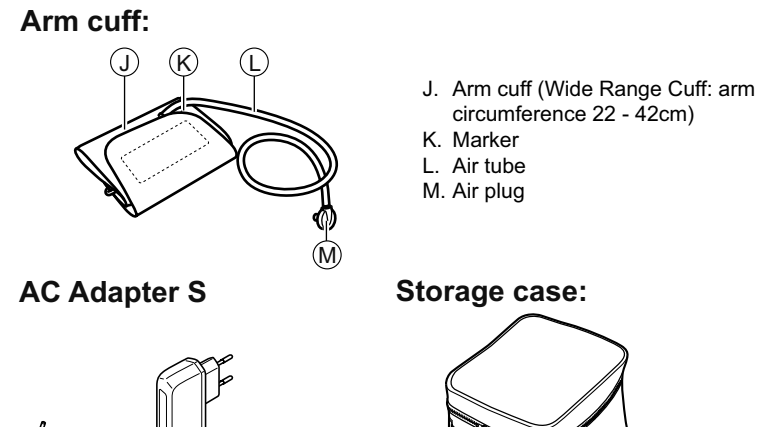
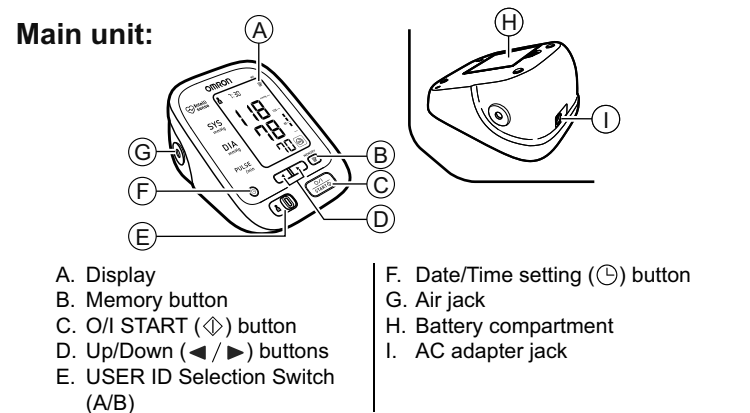
(General Usage) Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.

(AC Adapter Usage) Never plug in or unplug the power cord from the electric outlet with wet hands.

(Battery Usage) If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.

(Battery Usage) Use only the original AC adapter designed for this unit. Use of unsupported adapters may damage and/or may be hazardous to the unit.

1. Overview



2. Preparation

2.1 Using the AC Adapter

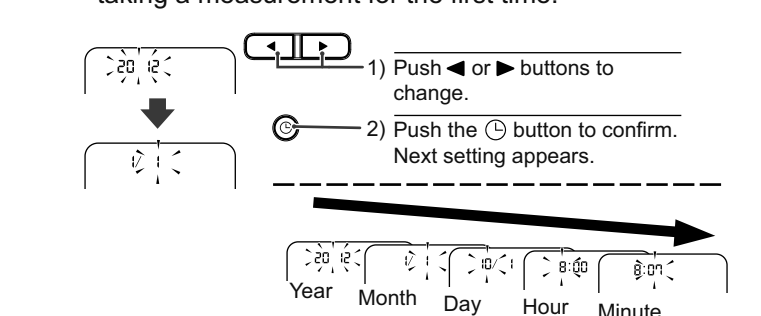
1. Insert the AC adapter plug into the AC adapter jack on the rear side of the main unit.

2.2 Installing/Replacing the Batteries

1. Remove the battery cover.

2.3 Setting the Date and Time

1. Press the [CLOCK] button.



3. Using the Unit

3.1 Applying the Arm Cuff Remove tight-fitting clothing or tight rolled up sleeve from your upper arm.

3. Using the Unit

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1. Insert the air plug into the air jack.

2. Put your arm through the cuff loop.

3. Position the arm correctly.

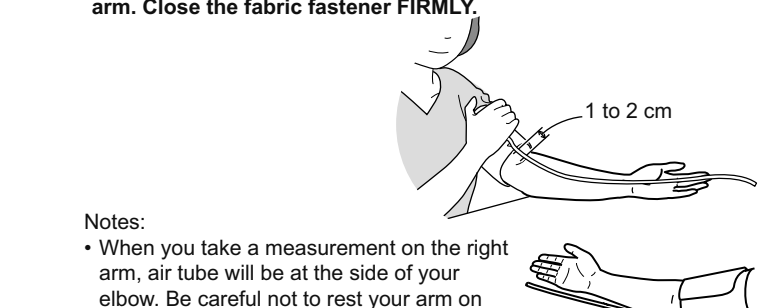
Important: Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.

Table with 2 columns: Measurement type and Target value (e.g., Systolic Blood Pressure Above 135 mmHg).

This criteria is for home blood pressure measurement.

Your blood pressure monitor includes an irregular heartbeat feature. Irregular heartbeats can influence the results of the measurement.

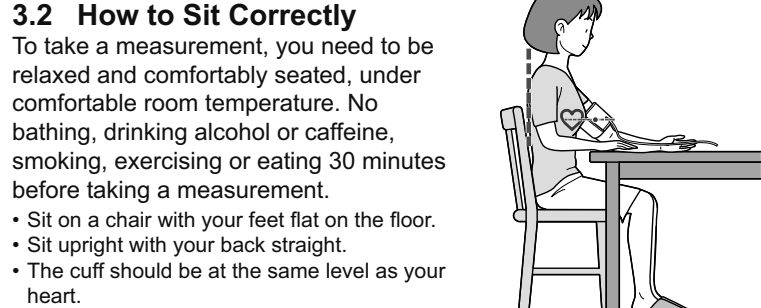
The bottom edge of the cuff should be 1 to 2 cm above the elbow.



Notes: When you take a measurement on the right arm, air tube will be at the side of your elbow.

The blood pressure can differ between the right arm and the left arm, and therefore also the measured blood pressure values can be different.

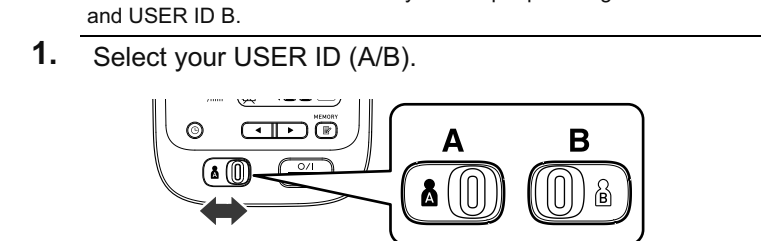
How to Sit Correctly To take a measurement, you need to be relaxed and comfortably seated, under comfortable room temperature.



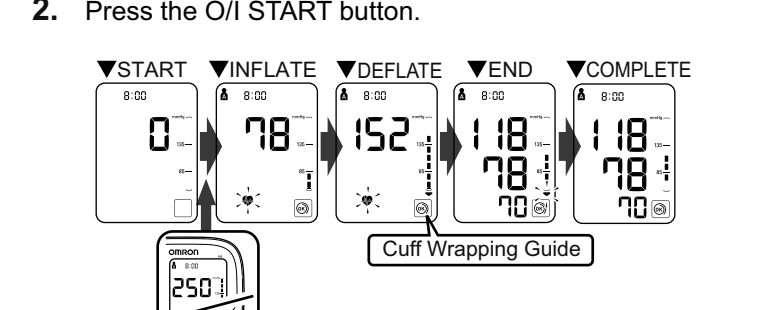
3.2 Taking a Reading

To cancel a measurement, press the O/I START button to turn the unit off and to release the air in the arm cuff.

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3.4 Using the Memory Function The monitor automatically stores the result up to 90 sets for each user (A and B).



If your systolic pressure is more than 220 mmHg After the cuff starts to inflate, press and hold the O/I START button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.

Cuff Wrapping Guide

The Cuff Wrapping Guide is a unique feature that indicates if the cuff is not wrapped tightly enough around the arm.

Note: This reading is NOT reliable due to the incorrect wrapping of the cuff. Please wrap the cuff again, taking care to wrap it correctly and take the measurement again.

3. Remove the arm cuff.

4. Press the O/I START button to turn the monitor off.

The monitor automatically stores the measurement in its memory. It will automatically turn off after 2 minutes.

Important: Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.

Table with 2 columns: Measurement type and Target value (e.g., Systolic Blood Pressure Above 135 mmHg).

This criteria is for home blood pressure measurement.

Your blood pressure monitor includes an irregular heartbeat feature. Irregular heartbeats can influence the results of the measurement.

Note: Wait 2 - 3 minutes before taking another blood pressure measurement. Waiting between readings allows the arteries to return to the condition prior to taking the blood pressure measurement.

Warning: Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.

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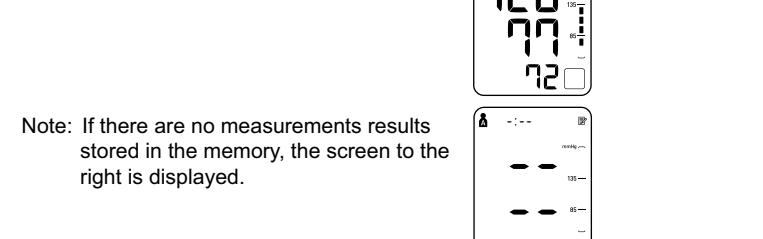
The monitor automatically stores the result up to 90 sets for each user (A and B). It can also calculate an average reading based on the measurements from the last three readings taken within 10 minutes.

To View the Average Value 1. Select your USER ID (A/B).

2. Press the Memory button.

Note: If there are no measurements results stored in the memory, the screen to the right is displayed.

To View the Readings Stored in Memory 1. Press the [MEMO] button, while the average value is displayed.



4. Troubleshooting and Maintenance

4.1 The Icons and Error Messages

Table with 3 columns: Error Display, Cause, and Remedy. Includes messages like Irregular heartbeats are detected, Movement during measurement, and Cuff is not applied correctly.

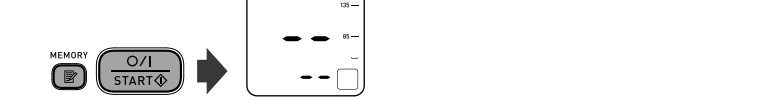
4.2 Troubleshooting

Table with 3 columns: Problem, Cause, and Remedy. Includes issues like The reading is extremely low, Arm cuff pressure does not rise, and Cannot measure or readings are too low or too high.

To Delete All the Values Stored in Memory

The values stored in the memory are deleted by USER ID. When the memory symbol [MEMO] appears, first press the Memory button.

Note: You cannot partially delete values stored in the memory. All values for the user you select will be deleted.



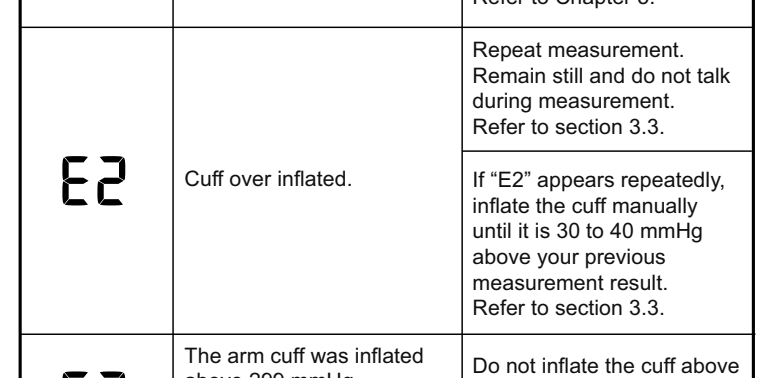
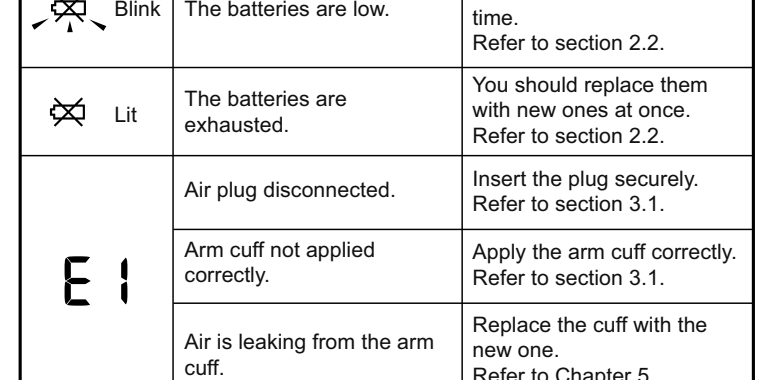
4.3 Maintenance To protect your unit from damage, please observe the following:

- Do not subject the main unit and the cuff to extreme temperatures, humidity, moisture or direct sunlight.
- Do not fold the cuff or tubing tightly.
- Do not disassemble the unit.
- Do not subject the unit to strong shocks or vibrations.

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5. Optional Parts

Table listing optional parts: Wide Range Cuff, Medium Arm Cuff, Large Arm Cuff, Small Arm Cuff, and AC Adapter S with their respective model numbers and arm circumferences.

Table with 3 columns: Problem, Cause, and Remedy. Includes issues like Nothing happens when you press the buttons and Other problems.

6. Technical Data

Product Description Automatic Blood Pressure Monitor Model OMRON M5 (HEM-7214-ARU)

Accuracy Accuracy: Pulse: 40 to 180/min. Pressure: ±3 mmHg. Fuzzy-logic controlled by electric pump

Operating temperature/ Humidity Storage temperature/ Humidity Console Weight Cuff Weight Cuff Dimensions Cuff Material Package Content

CE 0197

This device fulfills the provisions of EC directive 93/42/EEC (Medical Device Directive).

Important information regarding Electro Magnetic Compatibility (EMC)

With the increased number of electronic devices such as PC's and mobile (cellular) telephones, medical devices in use may be susceptible to electromagnetic interference from other devices.

4.4 Storage

Keep the unit in its storage case when not in use.

1. Unplug the air tube from the air jack.

2. Gently fold the air tube into the arm cuff.

3. Place the arm cuff and main unit in the storage case.

Do not store the unit in the following situations:

- If the unit is wet.
- Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapours.
- Locations exposed to vibrations, shocks or where it will be at an angle.

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Made in China

