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You can read the recommendations in the user guide, the technical guide or the installation guide for OMRON M6. You'll find the answers to all your questions on the OMRON M6 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual OMRON M6
User guide OMRON M6
Operating instructions OMRON M6
Instructions for use OMRON M6
Instruction manual OMRON M6



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Manual abstract:

*fm Page 1 Wednesday, July 14, 2004 3:22 PM Digital Automatic Blood Pressure Monitor Model M6 • Instruction Manual • Mode d'emploi •
Gebrauchsanweisung • Manuale de instructone • Manual de instrucciones • Gebruiksaanwijzing EN FR DE IT ES NL HEM-7001-E_en.fm Page 2*

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...19 6. @@@@It measures your blood pressure and pulse rate simply and quickly. For comfortable controlled inflation without the need of pressure pre-setting or re-inflation the devices uses its advanced "IntelliSense" technology. The device also stores up to 90 measurements in memory and calculates an average value based on the last three measurements. Each measurement is stored along with the date and time of measurement. EN 3 HEM-7001-E_en.fm Page 4 Wednesday, July 14, 2004 3:22 PM Important Safety Information • Blood pressure measurement is not suitable in cases of serious arteriosclerosis (hardening of the arteries).

- The pulse display is not suitable for monitoring the frequency of cardiac pacemakers. • Pregnant women should only measure their own blood pressure in consultation with their doctor, since the readings can be changed by pregnancy. • Do not use the monitor on babies, young children or persons who cannot express their consent. • Do not use the monitor for any purpose other than measuring blood pressure. • Do not use a cellular phone near the monitor. This may result in the monitor operating incorrectly. • The battery liquid may leak and damage the monitor. Please observe the following points. - When you are not going to use the unit for a long period of time (approximately three months or more), take out the batteries. - Replace old batteries with new ones immediately.

- Do not use old and new batteries together. - Do not insert the batteries with their polarities incorrectly aligned. • Please remember: Self-measurement is not the same as medical treatment. • You should never change the dose of medicines prescribed by your doctor but you can help your doctor to optimize the treatment by documenting the measured values. If there are unusual values, please inform your doctor immediately.

- Never unplug the power cord with wet hands. • Use only the original AC adapter designed for this unit. Use of unsupported adapters may damage the device. 4 HEM-7001-E_en.fm Page 5 Wednesday, July 14, 2004 3:22 PM 1.

Overview 1. Overview Monitor A E B D C F G A. B. C. D. Display E. Battery compartment O/I START button F. Air jack Memory () buttons G. AC adapter jack (for optional AC adapter) Date/Time () setting button EN 5 HEM-7001-E_en.fm Page 6 Wednesday, July 14, 2004 3:22 PM 1.

Overview Display H I J L N H. I. J. K. L. M. N. Systolic blood pressure Diastolic blood pressure Memory display Average value display Movement error display Irregular heartbeat display Battery low display O. P. Q.

R. K M O Q P R Heartbeat display Pulse display Deflation display Date/Time display Package contents S V T U W S. Arm cuff (Medium cuff: arm circumference 22-32 cm) T. Air plug U. Air tube V.

Storage case W. Four "AA" alkaline (LR6) batteries 6 HEM-7001-E_en.fm Page 7 Wednesday, July 14, 2004 3:22 PM 2.How to Obtain Meaningful Readings

2. How to Obtain Meaningful Readings To help ensure a reliable reading, avoid eating, smoking, or exercising for at least 30 minutes before taking a measurement.

Note: Remove any tight-fitting clothing from your upper arm. 1. Sit on a chair with your feet flat on the floor and place your arm on a table so that the arm cuff will be at the same level as your heart. 2. Apply the arm cuff to your upper arm. The coloured marker should be centred on the inside of your arm and point down the inside of the arm, so that the air tube runs down the inside of your forearm and is in line with your middle finger. 3. Secure the cuff around your arm using the fabric fastener strip. 4. Press the O/I START button.

When measurement is complete, the monitor displays your blood pressure and pulse rate, and automatically deflates the cuff. Notes: • Always wait at least 2-3 minutes before taking another blood pressure measurement. • Please note that all measurement are stored in the memory. If different people measure with the same device make sure that you are aware of this fact. EN 7 HEM-7001-E_en.fm Page 8 Wednesday, July 14, 2004 3:22 PM 3.Preparation 3. Preparation 3.1

Installing/Replacing the Batteries 1. Remove the battery cover.

2. Insert four "AA" batteries as indicated in the battery compartment and then replace the battery cover. Notes: • If the battery low display () appears on the display, replace all four batteries at the same time. Long-life alkaline batteries are recommended. • Remove the batteries if the monitor will not be used for three months or more.

• If the batteries are removed for a long period of time, the Date/ Time setting will need to be reset. See "Setting the Date and Time" for details. • Dispose of batteries according to applicable local regulations. 8 HEM-7001-E_en.fm Page 9 Wednesday, July 14, 2004 3:22 PM 3.

Preparation 3.2 Setting the Date and Time Your blood pressure monitor automatically stores up to 90 measurements values in its memory and calculates an average reading based on the measurements from the last three readings. • Set the monitor to the correct date and time before taking a measurement for the first time. • If the batteries have been removed for a long period of time, the date and time setting will need to be reset. 1. When the batteries are installed, the year digits will flash in the display when you turn on the monitor. Note: If you need to reset the date and time for some reason, hold down the button while the power is off. 2. Press the button to advance the digits one at a time. EN To change the digits to a lower number, press the button to lower the digits one at a time.

If you hold down the or button, the digits will advance (or lower) rapidly. 3. Press the button to confirm the setting when the desired number appears on the display. 9 HEM-7001-E_en.fm Page 10 Wednesday, July 14, 2004 3:22 PM 3.Preparation 4. Repeat steps 2 and 3 to set the month and date (day). or or 5.

• Remove tight-fitting clothing from your upper arm. • The smooth cloth should be on the inside of the cuff loop.

2. • The cuff should make good contact with your skin. • Make sure that there are no kinks in the air tubing. • Apply the cuff so that the air tube is at the side of your elbow. • Remain still and do not talk until measurement is completed.

• Inflation stops automatically and measurement is started.



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@@@Note: The monitor automatically stores the blood pressure readings and pulse rate along with date and time of measurement in its memory. 14 HEM-7001-E_en.fm Page 15 Wednesday, July 14, 2004 3:22 PM 4.Using the Monitor 4.

Press the O/I START button to turn the monitor off. Note: If you forget to turn the monitor off, it will automatically shut itself off after five minutes. Important: • 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. • If you move during measurement, the movement display () may appear. Repeat the measurement and remain still until the measurement is complete. • Your blood pressure monitor includes an irregular heartbeat feature. Irregular heartbeats can influence the results of the measurement. The irregular heartbeat algorithm automatically determines if the measurement is usable or needs to be repeated. If the irregular heartbeat display () is shown after you have taken a measurement, repeat the measurement.

If the irregular heartbeat display () is shown frequently, please make your doctor aware of it. Instructions for special conditions If your systolic pressure is known to be 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 suspected systolic pressure. Important: • The monitor will not inflate above 300 mmHg. • Do not apply more pressure than necessary. EN 15 HEM-7001-E_en.fm Page 16 Wednesday, July 14, 2004 3:22 PM 4.Using the Monitor Whablem No display appears when the O/I START button is pressed.

Cause The batteries are empty. Is the cuff wrapped firmly around the arm? Remedy Replace the batteries. Attach the arm cuff correctly.

Check that the air plug is properly connected to the monitor. Push the air plug firmly into the air jack. Cannot measure or readings are too high. The cuff pressure does not rise although the pump motor can be heard. The blood pressure is different each time.

The reading is extremely low (or high). Blood pressure readings constantly vary with time of measurement and nervous condition. Take deep breaths to relax before taking a measurement. 6. Optional Parts AC Adapter (Q-adapter or F-adapter) Small cuff Arm circumference 17 22 cm Large cuff Arm circumference 32 42 cm 20 HEM-7001-E_en.

fm Page 21 Wednesday, July 14, 2004 3:22 PM 7.Storage and Maintenance 7. Storage and Maintenance To protect your monitor from damage, please observe the following: • Do not subject your monitor and cuff to extreme temperatures, humidity, moisture or direct sunlight. • Do not fold the cuff or tubing tightly. • Do not disassemble the monitor. • Do not carry out repairs of any kind yourself. If a defect occurs, consult the OMRON distributor or Customer Services as mentioned on the packaging, or seek the advice of your surgical appliance stockist or pharmacist. • The OMRON M6 is a precision measuring device. It is important that the accuracy remains within the specifications. It is recommended that you have the monitor inspected every two years to ensure it is accurate and functioning correctly.

Consult the OMRON distributor or Customer Services as mentioned on the packaging for further details. • Do not subject the monitor to strong shocks or vibrations (for example, dropping the monitor on the floor.) • Do not use volatile liquids to clean the monitor. THE MONITOR SHOULD BE CLEANED WITH A SOFT, DRY CLOTH. • Do not wash the arm cuff or immerse it in water. EN Storage Keep the monitor in its storage case when not in use. Note: If you are using the optional AC adapter, make sure that the adapter is placed under the cuff and monitor so that it does not damage the display. 21 HEM-7001-E_en.fm Page 22 Wednesday, July 14, 2004 3:22 PM 8.Technical Data 8.

Technical Data Model Display Measurement Method Measurement Range Accuracy Inflation Deflation Memory Power Source Battery life Operating temperature/ Humidity Storage temperature Humidity Console Weight Cuff Weight Outer Dimensions Cuff Dimensions Package Content Manufacturer EU-representative OMRON M6 (HEM-7001-E) LCD Digital Display Oscillometric method Pressure: 0 mmHg to 299 mmHg Pulse: 40 to 180/min. Pressure: ±3 mmHg Pulse: ± 5% of display reading Fuzzy-logic controlled by electric pump Automatic pressure release valve 90 Measurements with date and time 4 "AA" batteries 1.5V or AC/DC adapter (optional, 6V = 4W) Capacity of new alkaline batteries is approx. 1500 measurements +10°C to +40°C Maximum: 30 to 90% RH -20°C to +60°C Maximum: 10 to 95% RH Approximately 355g without batteries Approximately 135g Approximately 131 (l) mm × 155 (w) mm × 84(h) mm Approximately 140 mm × 480 mm (Medium cuff: arm circumference 22 to 32 cm) Medium cuff, instruction manual, storage case, battery set, guarantee card, blood pressure pass OMRON HEALTHCARE Co., Ltd.

24, Yamanoichi Yamanoishi-cho, Ukyo-ku, Kyoto, 615-0085 Japan OMRON HEALTHCARE EUROPE B.V., Kruisweg 577, NL-2132 NA Hoofddorp Note: Subject to technical modification without prior notice • Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products. = Type B This device fulfils the provisions of EC directive 93/42/EEC (Medical Device Directive). This blood pressure monitor is designed according to the European Standard EN1060, Non-invasive sphygmomanometers Part I: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.

22 HEM-7001-E_en.fm Page 23 Wednesday, July 14, 2004 3:22 PM 9.Some Useful Information about Blood Pressure 9. Some Useful Information about Blood Pressure What is Blood Pressure? Blood pressure is a measure of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the heart's cycle. The highest pressure in the cycle is called the Systolic Blood Pressure; the lowest is the Diastolic Blood Pressure. @@Why is it a Good Thing to measure Blood Pressure at Home? @@@@Thus it is best to try and measure your blood pressure at the same time each day, to get an accurate indication of any changes in blood pressure. Blood pressure is typically low in the morning and increases from afternoon to evening. It is lower in the summer and higher in the winter. Blood pressure is measured in millimetres of mercury (mmHg) and measurements are written with the systolic pressure before the diastolic e.

g. A blood pressure written as 140/90, is referred to as 140 over 90 mmHg. EN 23 HEM-7001-E_en.fm Page 24 Wednesday, July 14, 2004 3:22 PM 9.Some Useful Information about Blood Pressure 200 Upper curve: systolic blood pressure Lower curve: diastolic blood pressure 150 mmHg 100 50 6 12 Time of day Example: fluctuation within a day (male, 35 years old) 18 24 Classification of Blood Pressure by the World Health Organization The World Health Organization (WHO) and the International Society of Hypertension (ISH) developed the Blood Pressure Classification shown in this figure.



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Systolic blood pressure (mmHg) Severe hypertension 180 Moderate hypertension 160 Mild hypertension 140 Normal systolic value 130 120 Normal blood pressure Optimal blood pressure (target value) 80 85 90 100 110 Diastolic blood pressure (mmHg) This classification is based on the blood pressure values measured on people in a sitting position in outpatient departments of hospitals. *There is no universally accepted definition of hypotension. However, those having the systolic pressure below 100 mmHg are assumed as hypotensive. 24 .



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