

OMRON

Digital Automatic Wrist Blood Pressure Monitor

Model R5 Prestige Instruction Manual

IM-HEM-6052-RU-05-10/2011 5329896-0D

Introduction

Thank you for purchasing the OMRON R5 Prestige Digital Automatic Wrist Blood Pressure Monitor.

The OMRON R5 Prestige is a compact and easy to use blood pressure monitor, operating on the oscillometric principle. This well designed wrist monitor comes with memory for two users and a easy to read Blood pressure level indicator allowing you to easily see if your readings are within the Guidelines set by the World Health Organization.

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

It is mainly designed for general household use. Please read the Important Safety Information in this instruction manual before using the unit.

Please read this instruction manual thoroughly before using the unit.

For specific information about your own blood pressure, CONSULT YOUR DOCTOR.

Important Safety Information

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

Warning: Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

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

People with severe blood flow problems, or blood disorders, should consult a doctor before using the unit, as cuff inflation can cause internal bleeding.

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

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.

General Usage: Do not leave the unit unattended with infants or persons who cannot express their consent.

Do not use the unit for any purpose other than measuring blood pressure.

Do not disassemble the unit or wrist cuff.

Do not inflate the wrist cuff over 299 mmHg.

Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.

Do not operate unit in a moving vehicle (car, airplane).

Battery Usage: If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.

Use only two "AAA" alkaline (LR03) batteries with this unit. Do not use other types of batteries.

Do not insert the batteries with their polarities incorrectly aligned.

Replace old batteries with new ones immediately. Replace both batteries at the same time.

Remove the batteries if the unit will not be used for three months or more.

Do not use new and used batteries together.

General Precautions: Do not apply strong shocks and vibrations to or drop the unit.

Do not wash the wrist cuff or immerse it in water.

Read and follow the "Important information regarding Electro Magnetic Compatibility (EMC)" in the Technical Data Section.

Read and follow the "Correct Disposal of This Product" in the Technical Data Section when disposing of the device and any used accessories or optional parts.

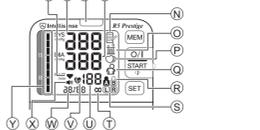
1. Overview

Main unit:



- A. Display
B. Battery compartment cover
C. Wrist cuff
D. MEM (Memory) button
E. O/I START () button
F. User ID selection switch
G. SET button
H. Date/Time setting () button
I. Date/Time setting () button

Display:



- J. Deflation symbol
K. Systolic blood pressure
L. Positioning indicator
M. Diastolic blood pressure
N. Memory symbol
O. Average value symbol
P. Irregular heartbeat symbol
Q. Movement error symbol
R. User ID symbol (A or B)
S. Wrist (left/right) symbol
T. Battery low symbol
U. Pulse display
V. Heartbeat symbol
W. Date/Time display
X. Buzzer symbol
Y. Blood pressure level indicator

2. Preparation

2.1 Installing/Replacing the Batteries

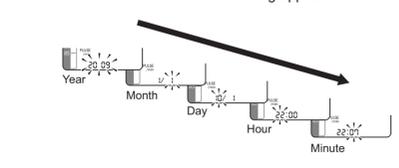
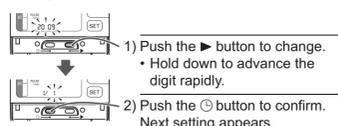
- 1. Remove the battery cover.
1) Push the hook on the bottom of the battery cover.
2) Pull the cover off the main unit.
2. Insert two 1.5V "AAA" alkaline (LR03) batteries as indicated in the battery compartment and set the date and time (refer to section 2.2).

3. Replace the battery cover.

- Notes:
- If the battery low symbol () appears on the display, turn the unit off then replace both batteries at the same time.
- The measurement values continue to be stored in memory even after the batteries are replaced.
Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

2.2 Setting the Date and Time

- 1. Set the monitor to the correct date and time before taking a measurement for the first time.
Press the () button.

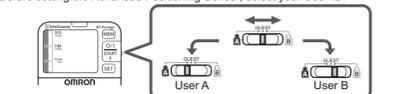


- 2. Press the O/I START button to turn the monitor off.
Notes:
- To reset the date and time, hold down the () button while the power is off.
- If the batteries have been removed for 30 seconds or more, the date and time setting will need to be reset.

2.3 Setting the Advanced Positioning Sensor

The Advanced Positioning Sensor will assure you the unit is in the correct position level with the user's heart before the monitor starts to take the measurement.

Selecting the User ID



Setting the Positioning Indicator

- 1. Push the () button.
2. Push the () button to choose which mode of Positioning indicator you wish to have.



- While setting the Positioning indicator the blue light flashes.
on1: After the Positioning indicator lights in blue for more than 2 seconds, or in orange for more than 5 seconds, measurement starts automatically.
on2: The Positioning indicator lights in blue for more than 2 seconds, measurement starts automatically.
oFF: Measurement starts without the Positioning indicator.

- 3. Push the () button to confirm your choice and move onto the next step.
Note: If you choose "oFF" for the Positioning indicator, the monitor will skip the process of choosing which wrist.

Setting the Wrist for Measurement

- 1. Push the () button to toggle between "L" (Left) and "R" (Right).



- L: Taking a reading on the left wrist.
R: Taking a reading on the right wrist.

- 2. Push the () button to confirm your choice and move onto the next step.

Setting the Buzzer

- 1. Push the () button to choose which mode of the buzzer you wish to have.



- If the Positioning indicator is "on1" or "on2":
on1: The buzzer sounds only when the monitor is in proper position.
on2: The buzzer sounds a series of two short blips if your wrist is too far away from the measuring position, and sounds slowly when your wrist is in proper position.
oFF: The buzzer will not sound.

- If the Positioning indicator is "oFF":
on: The buzzer sounds when pressing any buttons.
oFF: The buzzer will not sound.

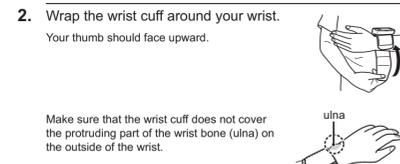
- 2. Push the () button to confirm.
Blue light will flash.
3. Press the O/I START button to save settings and turn the monitor off.

- Resetting to the Default Setting
The positioning indicator is set "on1", the wrist for measurement is set "L", and the buzzer is set "on1" as default.
To reset to the default setting, press and hold down the SET button while in the setting mode, then press the O/I START button simultaneously for more than 2 seconds.

- 3. Using the Unit
Do not apply over clothing.

3.1 Applying the Wrist Cuff

- 1. Place the wrist cuff over your wrist.
2. Wrap the wrist cuff around your wrist.
Your thumb should face upward.



- Make sure that the wrist cuff does not cover the protruding part of the wrist bone (ulna) on the outside of the wrist.
Notes:
- You can take a measurement on either your left or right wrist. Refer to 2.3 about how to modify the settings.

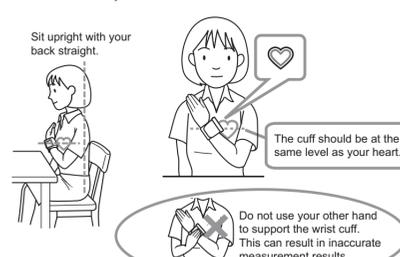
- Wrap the wrist cuff securely around the wrist for taking accurate measurements.

- The blood pressure can differ between the right arm and the left arm, and therefore also the measured blood pressure values can be different. OMRON recommends to always use the same arm for measurement. If the values between the two arms differ substantially, please check with your physician which arm to use for your measurement.

3.2 How to Sit Correctly

To take a measurement, you need to be relaxed and comfortably seated, under comfortable room temperature. No eating, smoking or exercising 30 minutes before taking a measurement.

- Sit on a chair with your feet flat on the floor.

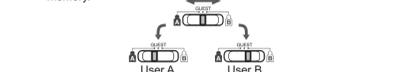


- Relax your wrist and hand.
Do not bend your wrist back.
Do not clench your fist.
Do not bend your wrist forward.

3.3 Taking a Reading

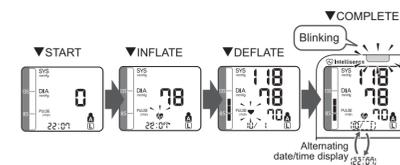
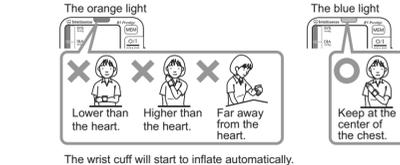
- Notes:
- This section is the example for the measurement with the default setting. To change the setting refer to section 2.3.
- To cancel a measurement, press the O/I START button at any time during measurement.
- Remain still while taking a measurement.

- 1. Select your User ID.
Always use the same user ID when taking a measurement.
The unit stores the measurement values in the selected user ID memory.



- Notes:
- If "GUEST" is selected, A or B will not be displayed.
- If "GUEST" is selected, the measurement results are not stored in the memory.

- 2. Press the O/I START button.
While your position is improper, the Positioning indicator lights in orange, when you are in proper position the buzzer beeps "beep beep beep" and the Positioning indicator turns to blue.



- 3. Undo the wrist cuff and remove the unit.
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.

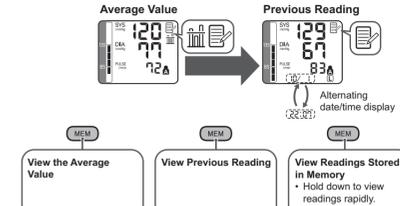
- Important:
- Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.
Systolic Blood Pressure: Above 135 mmHg
Diastolic Blood Pressure: Above 85 mmHg

- 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 irregular heartbeat algorithm automatically determines if the measurement is usable or needs to be repeated. If the measurement results are affected by irregular heartbeats but the result is valid, the result is shown together with the irregular heartbeat symbol (). If the irregular heartbeats cause the measurement to be invalid, no result is shown. If the irregular heartbeat symbol () is shown after you have taken a measurement, repeat the measurement. If the irregular heartbeat symbol () is shown frequently, please make your doctor aware of it.

3.4 Using the Memory Function

The monitor automatically stores the result up to 90 sets each for both user A and B. It can also calculate an average reading based on the measurements from the last three readings taken within 10 minutes. If there are only two readings in memory for that period, the average will be based on two readings. If there is one reading in memory for that period, the average will be based on one reading.

Note: If the memory is full, the monitor will delete the oldest readings.



- To Delete All the Values Stored in Memory
The values stored in the memory are deleted by user ID. You cannot partially delete values stored in the memory. All values for the user you select will be deleted.

When the memory symbol () appears, first press the MEM button. Then while holding it down, press the O/I START button simultaneously for about 2-3 seconds.



Note: You cannot partially delete the stored readings.

4. Troubleshooting and Maintenance

4.1 The Icons and Error Messages

Table with 3 columns: Error Display, Cause, and Remedy. It lists various error messages like irregular pulses, movement during measurement, exhausted batteries, posture change, cuff over inflated, wrist cuff not wrapped, user ID change, and hardware failure.

4.2 Troubleshooting

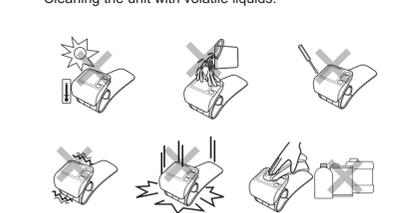
Table with 3 columns: Problem, Cause, and Remedy. It lists problems like low readings, wrist cuff pressure not rising, and wrist cuff deflating too soon, along with their causes and solutions.

Table with 3 columns: Problem, Cause, and Remedy. It lists common problems like blood pressure being different each time, unit losing power, and nothing happening when buttons are pressed.

4.3 Maintenance

To protect your unit from damage, please avoid the following:

- Subjecting your unit to extreme temperatures, humidity, or direct sunlight.
- Washing the cuff or exposing the cuff or unit to water.
- Disassembling the unit.
- Subjecting the unit to strong shocks or vibrations.
- Dropping the unit.
- Cleaning the unit with volatile liquids.



- The unit should be cleaned with a soft, dry cloth.
- Use a soft, moistened cloth and soap to clean the cuff.
- Keep the unit in its storage case when not in use.
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 risk of falling.

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.

5. Technical Data

Table with 2 columns: Product Description and Accuracy. It provides detailed technical specifications for the OMRON R5 Prestige monitor, including model, display, measurement method, accuracy, and battery life.

CE0197

- 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 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.

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. Electromagnetic interference may result in incorrect operation of the medical device and create a potentially unsafe situation.

In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim to prevent unsafe product situations, the EN60601-1-2:2007 standard has been implemented. This standard defines the levels of immunity to electromagnetic interferences as well as maximum levels of electromagnetic emissions for medical devices.

This medical device manufactured by OMRON HEALTHCARE conforms to this EN60601-1-2:2007 standard for both immunity and emissions. Nevertheless, special precautions need to be observed:
- Do not use mobile (cellular) telephones and other devices, which generate strong electrical or electromagnetic fields, near the medical device. This may result in incorrect operation of the unit and create a potentially unsafe situation. Recommendation is to keep a minimum distance of 7 m. Verify correct operation of the device in case the distance is shorter.
Further documentation in accordance with EN60601-1-2:2007 is available at OMRON HEALTHCARE EUROPE at the address mentioned in this instruction manual. Documentation is also available at www.omron-healthcare.com.

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 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 take 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 wastes for disposal.

Table with 2 columns: Manufacturer, EU-representative, Exclusive distributor in Russia & importer, and Production Facility. It lists OMRON HEALTHCARE Co., Ltd. and OMRON HEALTHCARE EUROPE B.V. as the manufacturer and distributor.

Made in China

