

OMRON®

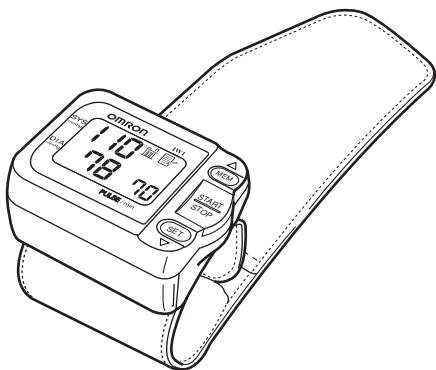
INSTRUCTION MANUAL



Automatic Wrist Blood Pressure Monitor

自動手腕式電子血壓計

Model
型號 **IW1**



A Good Sense of Health

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Introduction

Thank you for purchasing the Omron IW1 Automatic Wrist Blood Pressure Monitor.

This remarkable, compact and easy to use instrument is ideal for people who frequently monitor their own blood pressure. The small, pre-formed wrist cuff is very convenient and easy to apply.

With the push of a button the Omron Wrist Blood Pressure Monitor measures your blood pressure and pulse and displays the reading on a clear digital panel. Perfect for quick, easy readings at home, at work, and while traveling. It also stores up to 90 sets of measurements in memory and displays an average reading based on the three most recent measurements.

The OMRON Wrist Monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects the pulse wave vibrations in the artery of your wrist and converts the oscillations into a digital reading.

Clinical research has proven a direct relationship between blood pressure in the wrist and blood pressure in the arm. Changes in wrist blood pressure reflect changes in arm blood pressure because the arteries in the wrist and the arm are connected.

Frequently measuring the blood pressure in your wrist will provide you and your doctor with an accurate indication of changes in your true blood pressure.

Please read this instruction manual thoroughly before using the unit. For specific information about your own blood pressure, consult your doctor.

Notes on Safety

The OMRON IW1 is not suitable for measuring the frequency of cardiac pacemakers.

You should never change the dosage of medication prescribed by your doctor. People with poor peripheral circulation may find that results for measurements taken at the wrist vary from those taken on the upper arm.

Use the OMRON IW1 only for yourself.

Caution

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

Do not use the unit on infants or persons who cannot express their consent.

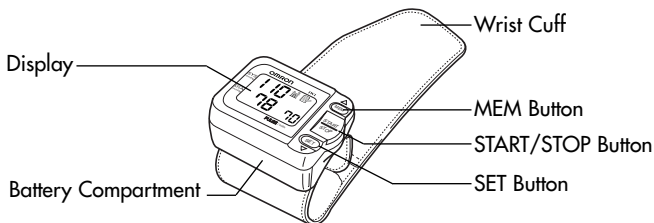
Do not use the unit for any purpose other than measuring blood pressure.

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

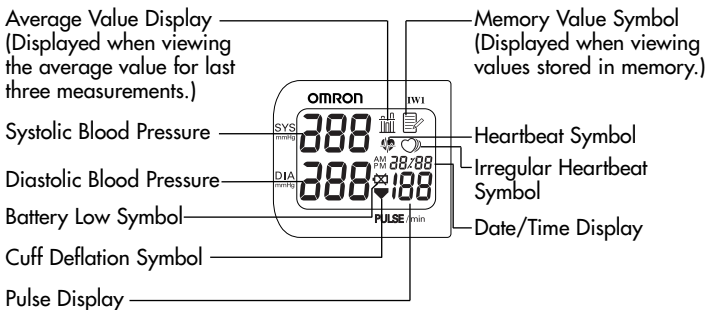
Battery liquid may leak and damage the main unit. Please observe the following points.

- 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.

Main Unit



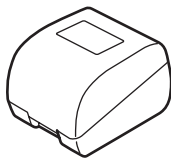
Display



Accessories



Two AAA Alkaline Batteries



Storage Case

Suggestions for Measuring Blood Pressure

Avoid eating, drinking, smoking, or exercising for at least 30 minutes before taking a measurement. You should also try to measure your blood pressure at the same time each day.

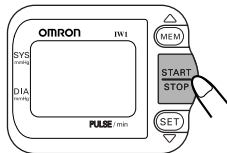
Measurement should be taken in a quiet place and you should be in a relaxed, seated position.

1. Align the wrist cuff with the level of your heart and gently support your left arm with your right hand. Do not place your right hand on the cuff itself.



2. Press the START/STOP button.

Remain still and do not talk during the measurement.



Notes:

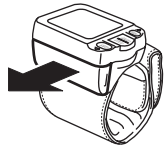
- * Always wait at least 2-3 minutes before taking another blood pressure measurement.

You may require more rest time between readings depending on your individual physiological characteristics.

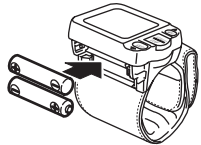
- * Only use the IW1 to measure your own blood pressure since the results of measurements are stored in memory.
- * Always wrap the wrist cuff around your wrist before starting to take a measurement.
- * Do not measure your blood pressure while you are in a vehicle.
- * Always measure your blood pressure on the same wrist.

Battery Installation/Replacement

1. Remove the battery cover by pulling it off in the direction of the arrow.



2. Insert two AAA batteries in the battery compartment, so that their polarities match the polarities of the battery compartment as indicated.



3. Replace the battery cover.

Note:

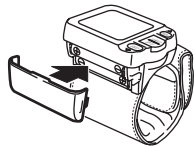
- * Make sure that the battery cover is securely in position.

Caution:

- * Use two identical 1.5V AAA batteries.

Note:

- * The measurement values continue to be stored in memory even after the batteries are replaced.



Initial Set-Up

Battery Life & Replacement

- High performance alkaline dry cell batteries (2 “AAA”) should be good for approximately 300 readings.
- Battery life varies with ambient temperature, Battery life is shorter under cold conditions such as during the winter.
- The dry cell batteries provided are for monitoring and may run down before 300 readings.
- If the battery replacement symbol blinks while measuring or if pressure is not applied when the START/STOP button is pressed, replace both batteries (use the same type).
- Holding the START/STOP button down may shorten battery life. To avoid pressure on the button when transporting or storing, use the case provided.
- Dispose of batteries according to applicable local regulations.

How to Set the Date and Time

Your blood pressure monitor automatically stores up to 90 measurement values in its memory and calculates an average value based on the last three measurements. If the correct date and time has not been set, the measurement values will not be stored in memory. To make use of the memory and average value function:

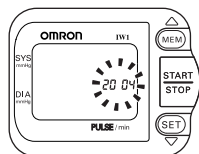
- Set the monitor to the correct date and time before taking a measurement for the first time.
- If the batteries have been removed for a long period of time, the date and time setting will need to be reset.

1. When the batteries are installed for the first time, the year digits (2004) will flash on the display when you turn on the monitor.

Note:

* The range for the year setting is 2004 to 2030. If the year reaches 2030, it will return to 2004.

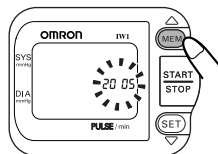
* If you need to reset the date and time, press the SET button until the setting you want to adjust appears on the display, then press the MEM button to change the setting.



2. Press the MEM button to advance the digits one at a time.

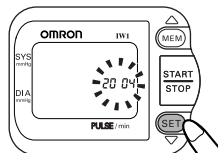
Note:

* If you hold down the MEM button, the digits will advance rapidly.



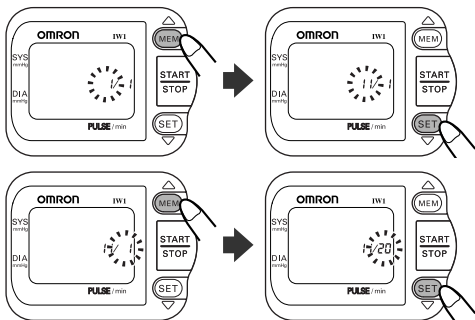
3. Press the SET button to confirm the setting when the desired number appears on the display.

The year setting is set and the month digits will flash.

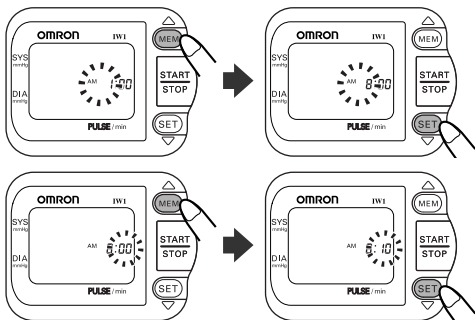


Initial Set-Up

4. Repeat steps 2 and 3 to set the month and date (day).



5. Repeat steps 2 and 3 to set the hour and minutes for the time.



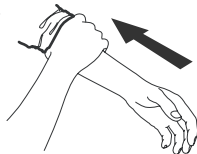
Note:

- * The monitor will automatically turn itself off after you press the SET button to confirm the minute setting.

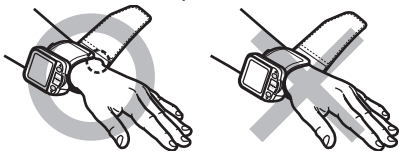
How to Apply the Wrist Cuff

1. Roll up your sleeve so that the monitor is in direct contact with skin. Do not apply over clothing.

Make sure that your sleeve is not too tight and does not constrict the flow of blood in your arm.



2. Place the wrist cuff over your left wrist with your left thumb facing upward.
3. Hold the bottom part of the wrist cuff and wrap it around the wrist while pulling so that it fits comfortably.



Make sure that the wrist cuff does not cover the protruding part of the wrist bone (ulna) on the outside of the wrist.

Unless the wrist cuff is wrapped securely around the wrist, it may not be possible to take correct measurements.

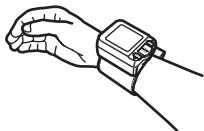
4. The remaining part of the wrist cuff can be conveniently folded back out of the way.



Taking measurements on the right wrist

Measurements can also be made on the right wrist.

Fit the monitor on the right wrist as shown.

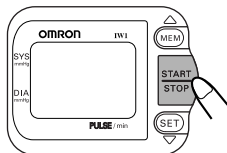


How to Take a Reading

1. Sit comfortably, hold your arm across your chest and relax.



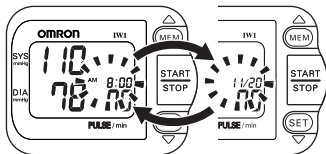
2. Press the START/STOP button.



3. All display symbols appear briefly on the display and the wrist cuff starts to inflate.

Notes:

- * The current time is displayed and the heartbeat symbol starts to flash while the cuff is inflating.
 - * Sit still and do not talk or move until the measurement is completed.
 - * Keep the monitor at heart level until the measurement is completed.
 - * To stop measurement, press the START/STOP button at any time during measurement.
4. After the monitor has detected your blood pressure and pulse rate, the cuff automatically deflates and your blood pressure and pulse rate are displayed.

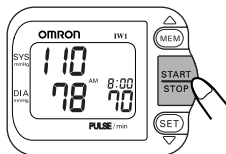


Alternating display

- * The time and date of the measurement are displayed alternately.

5. Press the START/STOP button to turn off the monitor.

If you forget to turn off the monitor, it will shut itself off automatically after two minutes.



Important:

- * Your blood pressure monitor includes an irregular heartbeat feature. Irregular heartbeats can influence the results of the measurement. The irregular heartbeat function 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 notify your doctor.


Note:

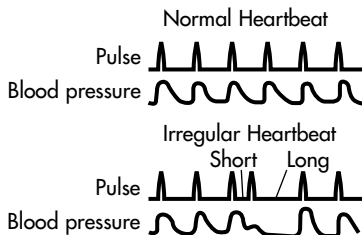
- * Do not use this monitor to measure blood pressure for more than one person since the measurement values are automatically stored in memory and an average value based on the last three measurements is calculated.

Correct Usage

What is Irregular Heartbeat?


An irregular heartbeat is a heartbeat rhythm that varies by more or less than 25% from the average heartbeat rhythm detected while the unit is measuring the systolic and diastolic blood pressure.


If such an irregular rhythm is detected more than twice during measurement, the irregular heartbeat symbol () appears on the display when the measurement results are displayed.



What is Arrhythmia?

A heartbeat is stimulated by electrical signals that cause the heart to contract. Arrhythmia is a condition where the heartbeat rhythm is abnormal due to flaws in the bio-electrical system that drives the heartbeat. Typical symptoms are skipped heartbeats, premature contraction, an abnormally rapid (tachycardia) or slow (bradycardia) pulse. This can be caused by heart disease, aging, physical predisposition, stress, lack of sleep, fatigue etc. Arrhythmia can only be diagnosed by a doctor through a special examination.

Whether the appearance of the irregular heartbeat symbol () in the results indicates arrhythmia or not can only be determined by an examination and diagnosis by your doctor.

If the irregular heartbeat symbol () is shown frequently, please notify your doctor. Conducting self-diagnosis and treatment based on measurement results is dangerous. Be sure to follow the instructions of your doctor.

How to Use the Memory Function

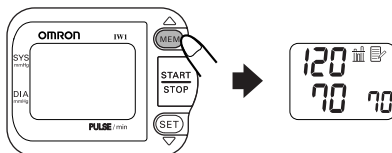
This monitor has a memory capable of storing 90 sets of readings. Every time you complete the measurement, the monitor automatically stores blood pressure and pulse rate. The monitor also displays an average reading based on the measurements from the three most recent readings.

Notes:

- * To ensure that the measurement results are recorded correctly, make sure that the date and time are set correctly before taking a measurement.
- * When 90 sets of readings are stored in memory, the oldest set will be deleted to store a new set.
- * The date and time of stored readings will be alternately displayed.

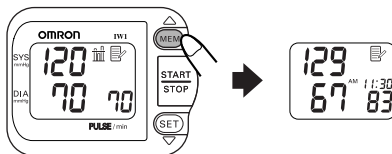
To View the Average Value

Press the MEM button.



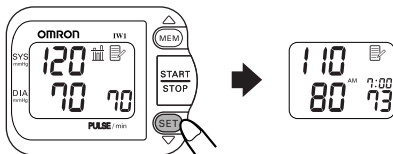
To View Previous Readings Stored in Memory

1. Press the MEM button, while the average reading is displayed, to view readings stored in memory from the most recent to the oldest.



Correct Usage

2. Press the MEM button repeatedly to cycle through the readings.
3. Press the SET button, while the average reading is displayed, to view readings from the earliest stored in memory.

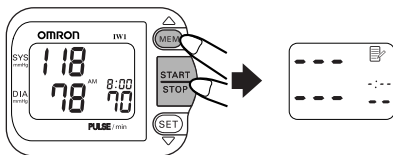


4. Press the SET button repeatedly to cycle through the readings.

To Delete All Values in Memory

You cannot delete the stored readings partially, all the readings in the monitor will be deleted.

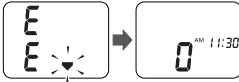
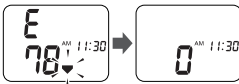

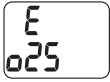

To delete stored readings, press the MEM button and the START/STOP button simultaneously, all the readings will be deleted.



Troubleshooting

Symptom	Cause	Correction
No display appears when the START/STOP button is pressed.	Batteries are flat.	Replace with new batteries.
	Batteries were inserted incorrectly.	Insert the batteries with the correct [+] [-] polarity.
Cannot measure or readings are too high.	Are you holding the wrist cuff at heart level?	Measure while in the correct posture.
	Is the cuff wrapped snugly around the wrist?	Wrap the cuff correctly.
	Are your arms and shoulders tense?	Relax and try taking the measurement again.
	Have you been talking or moving your hands during measurement?	Keep still and do not talk during measurement.
There is no pressure but a reading still appears when the START/STOP button is pressed.	You are in memory mode.	Turn power off once and restart measurement.
The blood pressure is different each time. The reading is extremely low (or high).	Blood pressure readings constantly vary with time of measurement and psychological condition. Take deep breaths to relax before taking a measurement.	

Troubleshooting

Error Symbol	Cause	Correction
 <p>After several seconds</p>	Cuff over inflated.	Press the START/STOP button once to turn off the power. Sit still restart measurement and keep still and do not talk during measurement.
 <p>After several seconds</p>	Movement during measurement	
	The wrist cuff is not fastened securely.	Carefully read and repeat the steps listed under "How to Apply the Wrist Cuff".
	An E mark is displayed.	Contact the store where you purchased this unit, or the nearest OMRON dealer.
	The battery power is low.	Replace the batteries with two new "AAA" batteries.

Care and Maintenance

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

- Subjecting your monitor to extreme temperatures, humidity, or direct sunlight.



- Washing the cuff or exposing the cuff or monitor to water.



- Disassembling the monitor.



- Subjecting the monitor to strong shocks or vibrations. Do not drop the monitor.



- Cleaning the monitor with volatile liquids. The MONITOR SHOULD BE CLEANED WITH A SOFT, DRY CLOTH.



Specifications

Name	: OMRON Automatic Wrist Blood Pressure Monitor
Model	: IW1
Display	: Digital Display
Measurement	: Oscillometric method
Measurement Range	: Pressure: 0 to 299 mmHg
Memory	: 90 measurements with date and time
Pulse	: 40 to 180 beats/min
Accuracy	: Pressure; Within ± 3 mmHg Pulse rate; Within $\pm 5\%$ of reading
Inflation	: Automatic inflation by pump
Deflation	: Automatic rapid deflation
Pressure Detection	: Electrostatic capacity semiconductor pressure sensor
Power supply	: Two AAA batteries (LR03)
Battery Life	: Approximately 300 measurements when using alkaline batteries at room temperature of 22°C, three times a day and inflating to 170 mmHg
Operating Temperature and Humidity	: 10°C to 40°C, 30 to 85% RH
Storage Temperature and Humidity	: -20°C to 60°C, 10 to 95% RH
Weight of Main Unit	: Approximately 110 g (not including batteries)
External Dimensions	: 70 mm (w) x 54 mm (h) x 37 mm (d) (not including the wrist cuff)
Measurable circumference of wrist	: Approximately 135 mm to 215 mm
Electric Shock Protection	: Internal power supply appliance type B
Accessories	: Storage case, two AAA alkaline batteries, Instruction manual

Note:

- * These specifications, to improve performance, are subject to change without notice.