

OMRON R5-I

A Good Sense of Health

Instruction Manual R5-I Fully automatic blood pressure monitor for measurement on the wrist
Gebrauchsanweisung R5-I Vollautomatisches Blutdruckmeßgerät zur Messung am Handgelenk
Gebruiksaanwijzing R5-I Volledig automatische bloeddrukmeter voor de pols
Manuel d'instructions R5-I Tensiomètre entièrement automatique pour prise de mesure au poignet
Manual de instrucciones R5-I Aparato completamente automático para medir la presión arterial en la muñeca
Manuale di istruzioni R5-I Misuratore della pressione per il polso completamente automatico



English	Page	1 - 11
Deutsch	Seite	12 - 22
Nederlands	Pagina	23 - 33
Français	Page	34 - 44
Italiano	Pagina	45 - 55
Español	Página	56 - 66



Contents

Description of the monitor	1
Important instructions for obtaining meaningful blood pressure readings	1
How to measure your blood pressure	2 - 7
Possible faults, their causes and rectification	8
Maintenance and storage	8
Technical data	9
General information about high blood pressure	10 -11

This blood pressure monitor fulfils the requirements of the EC directive 93/42/EEC (Medical Device Directive). It also conforms to the European standard EN 1060, Non-invasive Sphygmomanometers, Part 1: General Requirements and Part 3: Additional Requirements for Electro-mechanical Blood Pressure Measuring Systems.

Dear Customer ,

Thank you for putting your confidence in OMRON products, which are known for their reliability and advanced technology. We hope that you will be fully satisfied with your new blood pressure monitor. Before using it, please read the instructions in this manual carefully. We wish you all the best for the future and especially for your health!

Description of the monitor

The OMRON R5-I is a compact, fully automatic wrist blood pressure monitor. Operating on the oscillometric principle, it measures your blood pressure and pulse simply and quickly from the wrist. This means the monitor detects the pressure in your artery and converts the information into a digital reading. This monitor does not require an inflation bulb or stethoscope, so measurements are easy to obtain.

OMRON R5-I uses a new measurement principle. Measuring is carried out during controlled inflation. It contains an intelligent system for controlled inflation, known as "Intellisense". This is an advanced method of oscillometric measurement. No pre-setting or re-inflation is necessary.

OMRON R5-I memorises your last 21 measurements. The cuff fits wrist circumferences from 13.5 cm to 21.5 cm.

Important instructions for obtaining meaningful blood pressure readings

- Avoid eating and drinking (alcohol), smoking, sport and taking medicines before measuring your blood pressure, as these activities influence your blood pressure values.
- Before you start, sit comfortably on a chair and relax. Measurement must be carried out calmly and without rushing. It is recommended to check your blood pressure at least twice a day, once in the morning after getting up and once in the evening after work.
- You must bare your wrist before applying the cuff. Important: avoid constricting the blood flow if you push up your sleeve.
- Do not move the arm on which you are taking the measurement. Do not talk.
- Please avoid measuring your blood pressure while you are on a vehicle because your body will move.
- Allow an interval of at least three minutes between two successive measurements, as otherwise a congestion of blood will occur which may distort the readings. Always remove the cuff between readings.

Important:

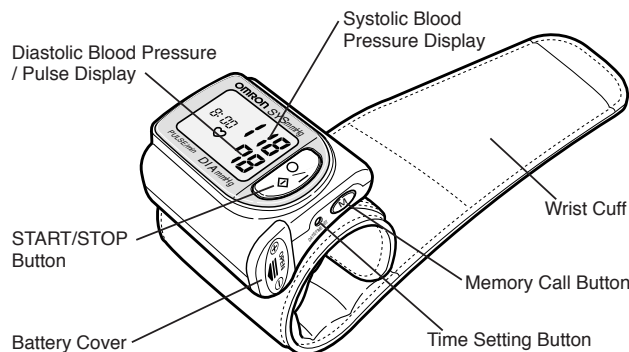
- R5-I Blood pressure measurements are not possible in cases of severe arteriosclerosis (hardening of the arteries).
- The pulse display is not suitable for measuring the frequency of cardiac pacemakers.
- Please be sure to wrap the cuff around your wrist before starting. Furthermore, do not inflate the cuff without wrapping it round your wrist.
- Do not use a portable phone near this unit. This unit may operate erroneously.

Please remember:

Self-measurement is not the same as medical treatment! You should never change the dose of medicines prescribed by your doctor.

- If you suffer from disorders of heart rhythm (arrhythmia), you should consult your doctor before using this blood pressure monitor. In certain cases the oscillometric measuring method may produce incorrect readings or no readings at all.
- Pregnant women should only measure their own blood pressure in consultation with their doctor, since the readings may be changed by pregnancy.

In some rare cases there are people where this measuring method does not work due to physical structure. In such cases OMRON recommends to consult a doctor.



How to measure your blood pressure


Inserting the batteries

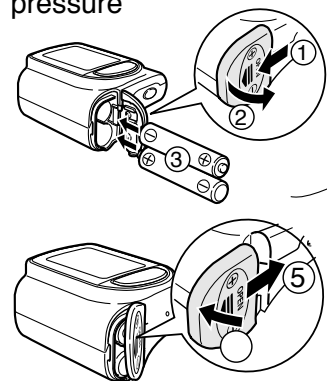
Open the battery compartment on the right-hand side of the monitor by pushing the cover outwards, applying gentle pressure.

When inserting the batteries, make sure that the +/- poles agree with the symbols in the battery compartment. Use two identical 1.5 V batteries (type LR03 alkaline).

If you do not intend to use the monitor for a prolonged period, you should remove the batteries.

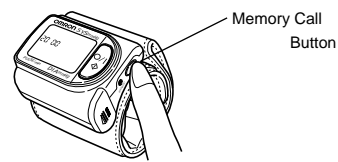
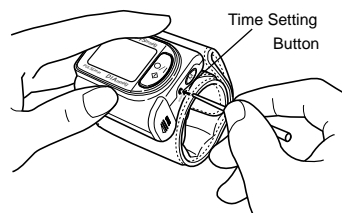
Holding the O/I button down may shorten batterie life. To avoid pressure on the button when transporting or storing, use the case.

If the () symbol appears, or if the display remains blank when you switch the monitor on, please change both batteries. Only use new, high-quality alkaline batteries.

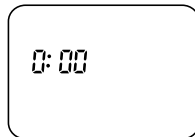


Set the year, month, date, and time.

Press the Time Setting button with something having a sharp point (such as ball-point pen) while the power is off.



¥ "0:00" or the current time (when the time is already set) is displayed. (If you insert batteries for the first time after purchasing this monitor, the display will flash.)



1. Set the "Year".

Press the Time Setting button again.

¥ "2000" (year) is displayed with flashing.

¥ Press the Memory Call button and set the number representing the "Year"

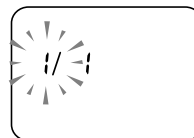


2. Set the "Month".

Press the Time Setting button.

¥ " / 1" (month representing January in this case) is displayed with flashing.

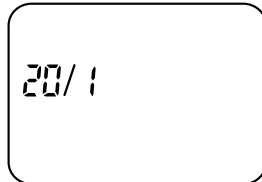
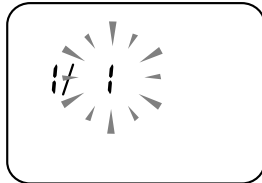
¥ Press the Memory Call button and set the number representing the "Month".



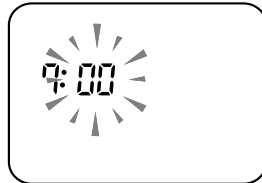
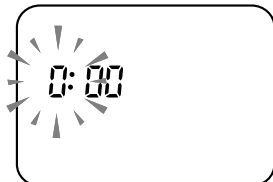
3. Set the "Date".

Press the Time Setting button.

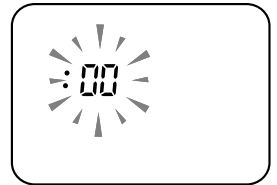
- " / 1 " (date) is displayed with flashing.
- Press the Memory Call button and set the number representing the "Date".



4. In the same manner , set the "Hour" and "Minute".



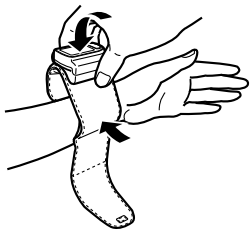
5. **Lastly, the correct time can be set by pressing the time Setting button according to the time signal when signal when " :00" is displayed.**



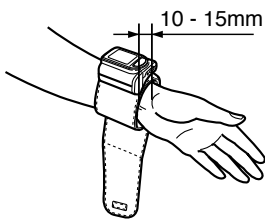
- The current time is displayed and the time setting is completed.

If you measure blood pressure without setting the date and time, blood pressure values will be saved with the incorrect date and time. When you use this monitor for the first time, or after taking out batteries for a long period of time, be sure to adjust the date and time, then use the monitor. After battery replacement, confirm the time first, then use the monitor. If batteries are removed for more than one minute, you must reset the time.

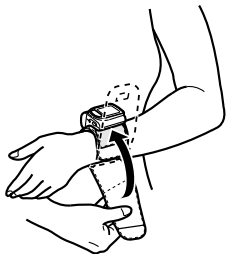
6. Fitting the cuff



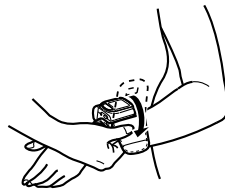
Place the cuff on your left wrist with your thumb pointing up. Align the edge of the cuff as shown in the diagram.



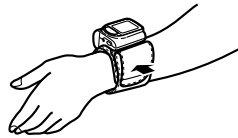
Place the wrist cuff on bare skin. Keep it clear of your clothing but do not roll up your sleeve.



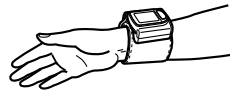
Hold the bottom part of the cuff as shown in the diagram and wrap it around your wrist while pulling so that it fits comfortably.



If the cuff is not fitted comfortably and firmly, correct measurement is not possible.

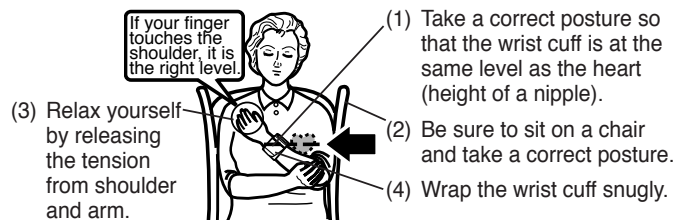


The remaining part of the wrist cuff can be conveniently folded back out of the way.



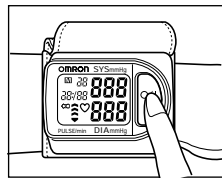
To measure on the right wrist

Measurement can also be made on the right wrist. Fit as shown in the diagram.

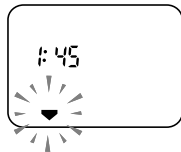


- (1) Take a correct posture so that the wrist cuff is at the same level as the heart (height of a nipple).
- (2) Be sure to sit on a chair and take a correct posture.
- (3) Relax yourself by releasing the tension from shoulder and arm.
- (4) Wrap the wrist cuff snugly.

When you press the ON/OFF (O/I) button, all the symbols on the display light up briefly. This serves to check the display. Then all the symbols go out and the air release symbol (♥) begins to flash. When the symbol (⊠) appears, the monitor is ready and begins the measurement.



Your blood pressure is measured during inflation, so it is important not to move. Sit still and do not move your wrist! Do not talk! Do not touch the monitor while it is measuring.



The monitor inflates the cuff and the measurement is taken within approx. 30 seconds.

Once the arrow appears in the display the measurement is finished and deflation of the cuff takes place.

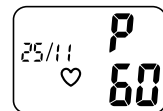


After this the systolic and diastolic blood pressure is shown, alternating with the pulse reading. This reading will be stored in the memory.

Display of measurement results



Display of pulse rate



Alternating display

If a measuring error has occurred, this is indicated by **E** or **E**. Please refer to the instructions.

Measurement of blood pressure is now complete. Press the O/I button to turn power off.

Wrist blood pressure is measured at the different region from the usual brachial blood pressure measurement and may show slightly different value. In many cases, the difference between the wrist and the brachial blood pressures can be up to -10 mmHg both for the systolic and the diastolic pressures for the healthy people.

Should you forget to turn off the power, it will turn itself off automatically after 2 minutes. The previous reading will remain in the memory even if the batteries run down or are replaced.

If you wish to repeat the measurement, you should remove the cuff for at least 3 minutes because if you take the next measurement immediately, a slight blood congestion may occur which can lead to incorrect measurements or an error message.

Keep a record of your measurements. In this way both you and your doctor will have an accurate overview of your blood pressure situation.

7. Memory function

The measured and displayed blood pressure and pulse values are automatically stored in the memory.

The memory can store the values of up to 21 measurements.

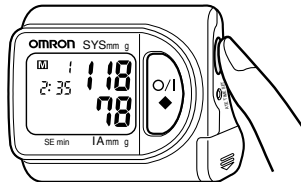
The values measured for more than 21 times will be automatically stored in the memory, but the values measured most previously will be erased.

The measured values stored in the memory will not be erased even when the batteries are replaced.

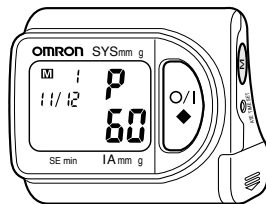
8. How to recall previous measured values from the memory

By pushing the memory button, you can recall and display the measured values from the memory starting from the previous measured value. This is possible after measurement or directly when device is switched off.

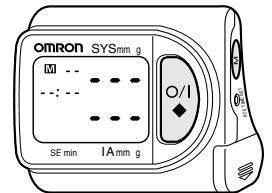
When you push the MEMORY Button "M", if there is any measured value stored in the memory, M1 indicating the latest memory, the systolic and the diastolic blood pressures and the pulse are displayed alternatively.



In order to recall the values measured previously, push the MEMORY Button "M" again.



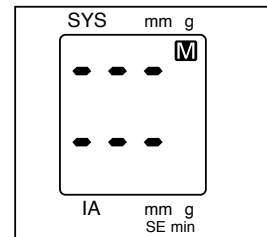
If there is no measured value in the memory, the display shown to the right is indicated when the MEMORY Button "M" is pushed.



9. How to erase the memory

All the measured values stored in the memory can be erased simultaneously by operating the Buttons as follows:






While the (M) symbol is displayed, push the MEMORY "M" and the START Buttons simultaneously and keep on pushing them. After two seconds, the display shown to the right is indicated and the measured values stored in the memory will be erased.



The presently measured values displayed with the (M) symbol are also erased.

Because this monitor can store the measured values, you can measure even while you are out, then recall and use the results after returning home.

Possible faults, their causes and rectification

Faults and their possible causes	Rectification
<p>Incorrect measurement is indicated by ,  or .</p> <p> A correct reading was not possible because measurement was impaired by movement or speaking, or owing to a very weak arterial pulse. Possibly the cuff was also not fitted correctly.</p> <p>The cuff pressure does not rise even though the pump motor can be heard.</p>	<p>Repeat the measurement keeping perfectly still. Do not move your arm or hand and do not talk.</p> <p>Attach the cuff so that it fits closely.</p> <p>Check that the cuff is firmly fitted to the monitor. Contact supplier or OMRON distributor for repair.</p>
<p> The batteries are weak or exhausted.</p> <p>The display does not light up when you press the ON/OFF button.</p> <ol style="list-style-type: none"> The batteries have run down. The +/- poles of the batteries are the wrong way round. The battery compartment is dirty. 	<p>Fit two new LR03 alkaline batteries.</p> <ol style="list-style-type: none"> Fit 2 new batteries. Insert the batteries correctly, as shown by the symbols in the battery compartment. Clean the battery compartment with a dry cloth.

Faults and their possible causes	Rectification
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<p>The blood pressure values displayed are extremely low or high, or they are implausible.</p>	<p>Refer to the instructions and then repeat the measurement.</p>
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In some rare cases there are people where this measuring method does not work due to physical structure. In such cases OMRON recommends to consult a doctor.

Maintenance and storage

- For cleaning the monitor, only use a soft, slightly moistened cloth. Do not use petrol, thinners or similar solvents!
- Stains on the cuff can be removed by carefully wiping with a moist cloth and soap. Do not wash the cuff!
- Protect your blood pressure monitor against vibrations and do not leave it in a place where temperatures are extremely low (below -20°C) or extremely high (above +60°C).
- Do not use your monitor at very low (below 10 °C) or very high (above 40 °C) temperatures.
- Do not carry out repairs of any kind yourself. If a defect occurs, consult OMRON Customer Service or seek the advice of your authorised dealer or chemist.
- If the cuff needs to be replaced, have this done by an authorised expert.

Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.



Calibration

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 monitor inspected every two years to ensure correct functioning and accuracy. Please consult your authorised dealer or the OMRON Customer Service at the address given on the packaging/ attached literature.

Technical data

Type:	OMRON R5-I
Display:	Digital LCD
Measuring range:	Blood pressure: 40-280 mmHg Pulse: 40 - 200 beats/minute
Accuracy:	Blood pressure: +/- 3 mmHg Pulse: +/-5% of display reading
Inflation:	Automatic by electric pump
Deflation:	Automatic rapid deflation system
Pressure detection:	Pressure sensor (semiconductor)
Measuring method:	Oscillometric
Memory:	21 measurements
Power supply:	2 x 1.5 V alkaline batteries (LR03) AAA
Battery life:	New batteries will last for approx. 400 measurements

Operating temperature/ humidity:	+10°C to +40°C 30% to max. 85% relative humidity
Storage temperature/ humidity:	-20°C to +60°C 10 to max. 95% RH
Weight excl. cuff:	approx. 65 gr, incl. batteries
Outer dimensions:	approx. 5.8 cm(W) x 4.9 cm(H) x 3.2 cm(l)

Wrist circumference:	approx. 13.5 cm to 21.5 cm
Accessories:	Instruction manual, 2 alkaline batteries, storage box.
Note:	Subject to technical modification without prior notice.



= Type B

CE 0197

EU-representative:	OMRON Healthcare Europe B.V. WEGALAAN 57 NL-2132-JD HOOFFDORP
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Spare parts & accessories

OMRON considers, due to high company quality standards, the main unit as a non-serviceable part because of the necessity of proper calibration after replacement of high tech components.

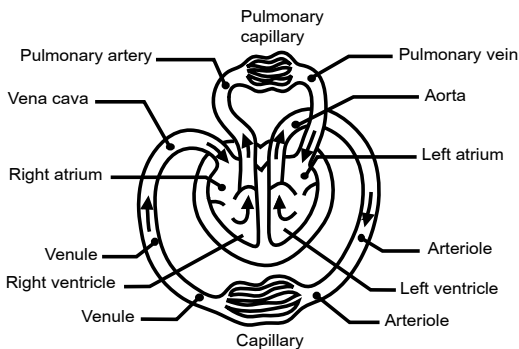
The batteries and cuff for this product are available as accessories at your local retailer.

General information about blood pressure

The blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries when the blood flows through them.

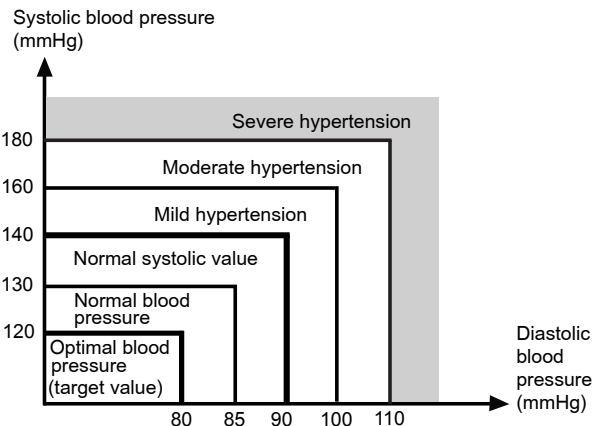
The higher blood pressure value (=systolic pressure or top value) signifies the blood pressure produced by contraction of the heart muscle and subsequent pumping of blood into the arterial system.

The lower blood pressure value (=diastolic pressure or lower value) represents the blood pressure produced by the relaxation phase of the heart muscle, during which blood flows back into the heart.



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 the Figure. (This classification is made based on the blood pressure values measured by sitting on the chair in the outpatient department of hospital.)



According to the blood pressure classification by the WHO/ISH* (revised in 1999) *ISH: International Society of Hypertension

* There is no universally accepted definition of hypotension. However, those having the systolic pressure below 100 mmHg are assumed as hypotension.

Health and blood pressure

When people are aged, the cases of hypertension increase noticeably. Furthermore, with the aging, deterioration of blood vessels proceeds. In addition, due to obesity and lack of exercise, cholesterol (LDL) sticks to blood vessels, causing the elasticity of the vessels to decrease. Hypertension promotes arterial sclerosis, which causes dangerous diseases such as cerebral apoplexy or myocardial infarction to occur more easily. Therefore, we must know if our blood pressures are at a healthy level. Blood pressure fluctuates in daily life from day to day and minute to minute. Measurement of blood pressures is an essential factor for our daily health management.

Measuring your own blood pressure daily enables you to recognize high blood pressure at an early stage and obtain medical treatment.

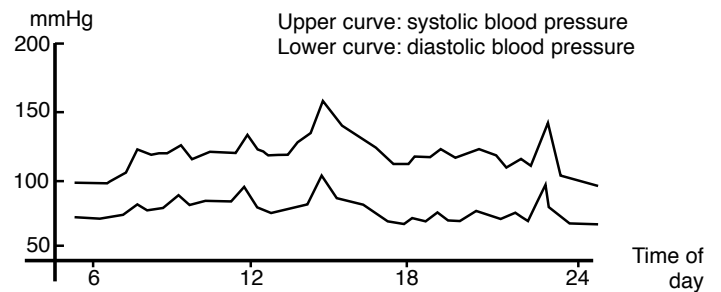
The oscillometric method of measurement determines your blood pressure by measuring the pressure fluctuations (oscillations) caused by the pulse waves.

Since your blood pressure fluctuates during the course of the day (see graph), you should always measure it at the same time each day to ensure that the measurements are genuinely comparable. At the doctor's surgery, nervousness and tenseness may cause your blood pressure values to be higher than with normal measurement at home. This is known as „White Coat Hypertension“.

High blood pressure can go unnoticed for a long time, since it does not cause noticeable symptoms. The following are all possible causes of abnormally high blood pressure:

- Overweight
- High cholesterol level
- Smoking
- Excessive alcohol consumption
- Stress and emotional upset
- Excessive consumption of salt
- Lack of physical exercise
- Genetic/hereditary predisposition
- Underlying illnesses, such as kidney disorders or endocrine disturbance

Example: Fluctuations within a day
(Patient: male, 35 years old)



If your blood pressure reaches upper values of 140 - 160 mmHg and lower values of 90 - 95 mmHg in repeated measurements over several days, you should consult your doctor for a detailed medical examination. You can assist the treatment prescribed by your doctor in the following ways:

- Losing weight and lowering your cholesterol level by reducing the calories and fat content in your diet. In particular, you should cut down on animal fats and eat more fruit and vegetables.
- Reducing your alcohol consumption.
- Reducing your intake of salt: the German League for Combatting High Blood Pressure recommends that a healthy diet should not contain more than 6 grams of salt per day (i.e. one teaspoon) on average.
- Reducing your nicotine consumption.
- Regular outdoor exercise.
- Measuring your own blood pressure