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Omron m10-1t manual

Digital automatic blood pressure monitorModel M10-IT• Instructions for use• Mode d'emploi• Gebrauchsanweisung• Manuale di istruzioni• Manuel de instrucciones• Gebruiksaanwijzing• •IM-HEM-7080IT-E -07-09/20121663794-1ienFrdeEiteisNLRUAR ENESENNLSVPage 2 enESENnLSVPage 3 ENESENNLSV Digital automatic blood pressure gaugeModel M10-ITEN • Instructions for instruction EDE• Mode d'emploiDE• GebrauchsanweisungIT• Manuale di istruzioniIES• Manual de instruccionesNL• GebruiksaanwijzingRU• AR •IM-HEM-7080IT-E-07-09/20121663794-1I Summary del contenido incluido en la página 2 Content Before using device

Introduction..... 3 Important Security Information..... 4 1. Overview..... 6 2. Preparation..... 10 2.1 Installation/battery replacement..... 10 2.2 Setting t Resumen del contenido incluido en la página 3 Before using the device Introduction Thanks for the purchase of OMRON M10-IT Intellisense Upper Arm Blood Pressure Monitor. OMRON M10-IT Intellisense is a fully automatic blood pressure monitor that works on the oscillometric principle. It measures your blood pressure and heart rate simply and quickly. For comfortable controlled inflation without the need for pressure preset or re-inflation the device uses its advanced Intellisense technology. The screen saves me Resumen del contenido incluido en la página 4 Important safety information Important safety information Contact your doctor during pregnancy, arrhythmia and atherosclerosis. Use the device only to store the specified user measurement results. Please read this section carefully before using the device. Caution; (General use) • Always consult your doctor. You should never stop or change the dose of medication prescribed by your doctor. • Do not leave the device unattended with infants or persons who cannot give their consent. • Remove part contenido incluido en la página 5 Important safety information • Never unplug or remove the cord from the socket with wet hands. (Battery consumption) • If the battery fluid should get in your eyes, rinse immediately with plenty of clean water. Contact a doctor immediately. • If battery fluid is applied to the skin or clothing, rinse immediately with plenty of clean water. • Use only four alkaline AA batteries with this device. Makes use other types of batteries. • Do not insert the batteries with their polarite resumen del contenido incluido en la página 6 1. Overview 1. Overview Main unit A H G F E B C J D I A. Display H. Battery compartment B. SET button I. Air connector C. Morning/evening Average J. VEKSEL current adapter (for AC adapter) D. MEMORY button E. USB connector (USB 1.1 compatible) F. O/I START button G. User ID selection switch (A & B) 6 Resume del contenido incluido en la página 7 1. Overview Arm Cuff K L M K. Arm cuff (Cuff: arm circumference 22-42 cm) L. Air Plug M. Air Tube EN 7 Resumen del contenido incluido en la página 8 1. Overview View N V O X P Y Q Z R AA S AB T AC U AD N. Systolic blood pressure V. User ID symbol (A or B) (Indicates user A or user B as O. Diastolic blood pressure selected by the user to take a P. Heartbeat symbol measurement or using 1. (Flashes during measurement) memory function.) 2. (If flashing after measuring W. Pulse display completed indicates blood X. Early morning hypertension pressure out of recommended symbol range) (Displayed if morning Q. Movement sym Resumen del contenido incluido en la página 9 1. Overview Package content Ae AF AG AH AE. Soft storage bag • Instructions for use AF. Fire AA alkaline (LR6) • Warranty card batteries • Blood pressure spasM. USB cable • Blood pressure measurement device AH. CD-ROM (Blood Pressure • Installation Guide (for blood management software) EN pressure management software) 9 Resumen del contenido incluido en la página 10 2. Preparation 2. Preparation 2.1 Installation/replacement of batteries 1. Turn the main unit upside down. 2. Slide the battery cover in the direction of the arrow while pressing the ribbed part of the cover. 3. Install or replace four AA batteries so that the + (positive) and (negative) polarity match the polarities indicated on the battery compartment. 4. Put the battery cover back in place. Slide the battery cover as specified until it clicks into place. Note: The measurement Resumen del contenido incluido en la página 11 2. Preparing battery life & If the low battery symbol () appears on the display, all four batteries must be replaced at the same time. - When the low battery symbol () starts flashing, you will still be able to use the device for a short while. The batteries must be replaced with new ones in advance. - When the symbol () remains on, the batteries are exhausted. The batteries must be replaced with new ones at once. Turn off the device before replacing the batteries. • B Resumen del contenido incluido en la página 12 2 is removed. Preparation 2.2 Setting the date and time Your blood pressure monitor automatically stores up to 84 individual measurement values with date and time. To use the memory and average values features: • Set the device to the correct date and time before taking a measurement for the first time. • If the batteries have been removed for more than 30 seconds, reset the Date/Time setting. 1. When the O/I START button is pressed to turn on the device for the first time, a Resume del contenido incluido en la página 13 2 appears. Preparation 4. Repeat steps 2 and 3 to set the month. The month is set and the daily digits flash on the display. 5. Repeat steps 2 and 3 to set the day. The day is set and the hour digits flash on the display. 6. Repeat steps 2 and 3 to set the EN hour. The hour is set and the minutes flash on the display. 13 Preparation 7. Repeat steps 2 and 3 to set the minutes. The minutes settings are set. The device switches off automatically when the minute setting is set. To adjust the date and time, press the SET button while the device is in standby mode. Notes about adjusting the date and time setting If you need to adjust the date and time for any reason, or if the date and time have been reset after replacing the batteries, adjust the date and time between 10:00 and 10:00 pm. This will avoid pr Resumen del contenido incluido en la página 15 2. Preparation 2. See Chapter 2.2.2 to begin entering the date and time. With this manual date and time setting, the device must be switched off manually. It does not turn off automatically when the minutes are set. Note: • Make sure the date and time are set correctly so that the weekly averages are displayed correctly. If the date/time settings have been set incorrectly by accident, press the SET button to review the settings to adjust to t Resumen del contenido incluido en la página 16 Operating Manual 3. Using the device 3. Using device 3.1 How to sit correctly when taking a measurement You can take a measurement on either your left or right arm. Comments: • Measurements must be made in a place and you must be in a relaxed, seated position. Make sure the room is not too hot or cold. • Do not eat, smoke or exercise for at least 30 minutes before taking a measurement. • Do not move or speak during the measurement. Correctly Remove tight-fitting clothes f Resumen del contenido incluido en la página 17 3. Use of device notes: • Correct posture during measurement is necessary to achieve accurate results. • You should also try to measure your blood pressure at the same time each day. (Within 1 hour of waking up is recommended.) Wrong position • Curved back (leaning forward) • Sitting across the leg • Sitting on a sofa or at a low table, so you tend to lean forward These situations can lead to higher blood pressure values due to strain or the arm cuff is lower than the heart. If Resumen del contenido incluido en la página 18 3. Using unit 3.2 Application of the arm cuff You can wrap the cuff either on the right or left arm. • Remove tight clothing from the upper arm. • Do not raise the cuff over thick clothing and do not roll up the sleeve if it is too tight. 1. Insert the air plug into the air plug (on the left side of the unit). Airdonpower Air plug The cuff must be completely emptied when inserted into the air plug. 2. Sit in a chair with feet flat on the floor and put your arm on a table, then Resumen del contenido incluido en la página 19 3. Using the device 3. Keep the grip on the cuff securely Grip with your hand. Fasting 4. Turn your palm upwards. 5. Apply the cuff on the upper arm so that the blue strip is centered on the center of your inner arm and points down the inside of the arm. The trachea should run down the inside of your forearm and be consistent with your middle finger. The bottom of the cuff should be approximately 1 to 2 cm above the elbow. Lower edge 1 to 2 cm Blue stripe EN Air tube 19 Resumen del contenido incluido en la página 20 3. Using the device 6. When the cuff is positioned correctly, the fabric attachment is fixed. Notes: • Make sure the cuff is snug around the arm. • The cuff should have good contact with the skin. You should be able to fit your index finger between the cuff and your arm easily so you can pull the cuff out and on. • Make sure there is no crack in the air hose. During measurements on the right arm Note the following points when applying the duche to your right arm. App app