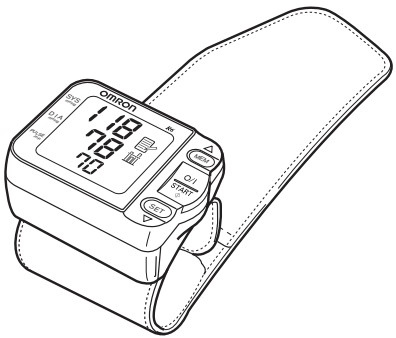
OMRON



Wrist Blood Pressure Monitor

Model R6

- **Instruction Manual**
- **Mode d'emploi**
- **Gebrauchsanweisung**
- **Manuale di istruzioni**
- **Manual de instrucciones**
- **Gebruiksaanwijzing**

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FR
DE
IT
ES
NL

Intelli™ sense

A Good Sense of Health

IM-HEM-6000-E-01-08/08
1638173-4D

Contents

Introduction

Thank you for purchasing the OMRON R6 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 travelling. 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.

Important Safety Information

Consult your doctor during pregnancy, arrhythmia and arteriosclerosis. People with poor peripheral circulation may find that results for measurements taken at the wrist vary from those taken on the upper arm. 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. 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 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.
- When the batteries are replaced, you may need to reset the date and time. If the year is flashing on the display screen, refer to “2.2 Setting the Date and Time”.
- Do not use new and used batteries together.

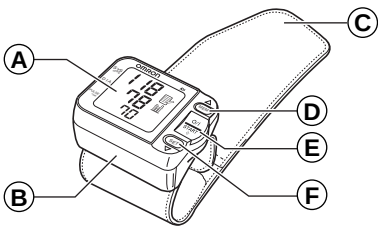
General Safety Precautions

- Do not inflate the wrist cuff when it is not wrapped around your wrist.
- Do not apply strong shocks and vibrations to or drop the unit.
- Do not take measurements after bathing, drinking alcohol, smoking, exercising or eating.
- 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.

Save these instructions for future reference.

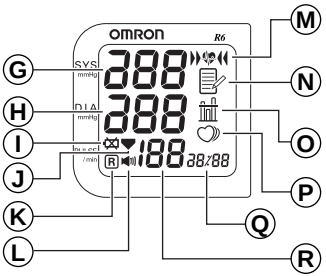
1. Overview

Main Unit



A. Display
B. Battery compartment
C. Wrist cuff
D. MEM (Memory) button
E. O/I START button
F. SET button

Display



G. Systolic blood pressure
H. Diastolic blood pressure
I. Battery low display
J. Deflation display
K. Right wrist measurement display
L. Position sensor alarm display
M. Heartbeat display (Flashes when the monitor is at the correct position)
N. Memory value display (Displayed when viewing values stored in memory)
O. Average value display (Displayed when viewing value for last three measurements.)
P. Irregular heartbeat display
Q. Date/Time display
R. Pulse display

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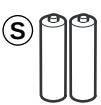
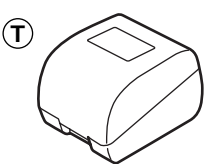
Package contents





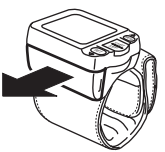
S. Two “AAA” alkaline (LR03) batteries

T. Storage case

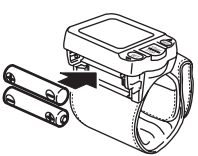
2. Preparation

2.1 Installing/Replacing the Batteries

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

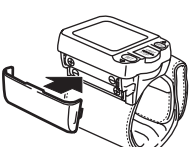


2. Insert two “AAA” alkaline (LR03) batteries in the battery compartment. Make sure their polarity (+/–) is aligned with the polarity (+/–) as indicated in the battery compartment.

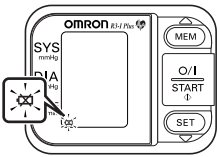


3. Put the battery cover back in place.

Note: Make sure that the battery cover is securely in position.



Battery Life & Replacement



If the battery low symbol ( ) appears on the display, replace both batteries at the same time.

- When the battery low symbol ( ) starts to blink, you will still be able to use the unit for a short while. You should replace the batteries with new ones ahead of time.
- When the symbol ( ) remains lit, the batteries were exhausted. You should replace the batteries with new ones at once.

- Turn the unit off before replacing the batteries.
- Remove the batteries if the unit will not be used for three months or more.
- If the batteries are removed, the Date/Time setting will need to be reset. See “2.2 Setting the Date and Time” for details.
- Dispose of batteries according to applicable local regulations.
- Two new identical 1.5V “AAA” alkaline batteries will last for approximately 300 measurements, when used to take two measurements a day.
- Since the supplied batteries are for monitoring use only, they may have a shorter life and not last for 300 measurements.

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2.2 Setting 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.

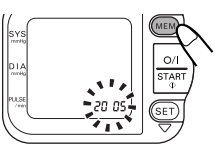
1. When the batteries are installed for the first time, the year digits (2004) will flash on the display when you turn on the monitor.

Notes:

- 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.

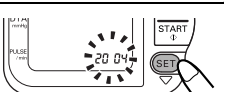
2. Press the MEM button to advance the digits one at a time.

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

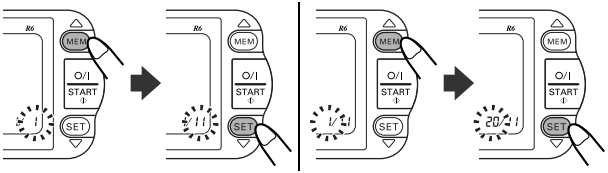


3. Press the SET button to confirm the setting when the desired number appears on the display.

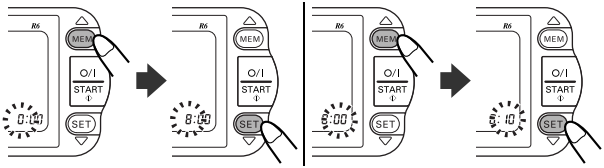
The year setting is set and the month digits will flash.



4. Repeat steps 2 and 3 to set the month and 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.

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3. Using the Monitor

3.1 Applying the Wrist Cuff

You can take a measurement on either your left or right wrist.

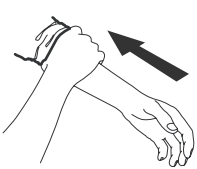
Notes:

- You can take a measurement on either your left or right wrist. The blood pressure can differ between your right and left wrist and therefore also the measured blood pressure values can be different. Omron recommends to always use the same wrist for a measurement. If the values between the two wrists differ substantially, please check with your doctor which wrist to use for your measurement.
- To ensure correct measurement, apply the wrist cuff so that it fits comfortably around your wrist.
- Roll up your sleeve so that the unit covers bare skin.
- Do not apply over clothing.

Taking a reading on the left wrist

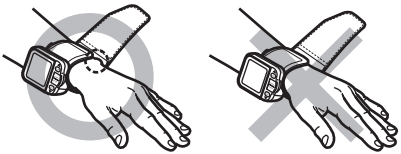
1. Roll up your sleeve so that the monitor covers bare skin. Do not apply over clothing.

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



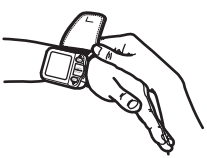
2. Place the wrist cuff over your left wrist with your left thumb facing upward.

3. Hold the bottom part of the wrist cuff and wrap it around the wrist while pulling so that it fits comfortably.



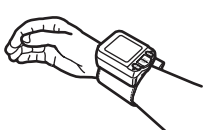
Make sure that the wrist cuff does not cover the protruding part of the wrist bone (ulna) on the outside of the wrist.
Unless the wrist cuff is wrapped securely around the wrist, it may not be possible to take correct measurements.

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



Taking measurements on the right wrist

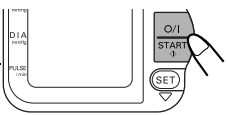
Measurements can also be made on the right wrist.
Fit the monitor on the right wrist as shown.
To take a reading from the right wrist, make sure that the right wrist measurement display is displayed. (See “4.3 Turning Right Wrist Measurement On/Off” on p. 20 for details.)



3.2 Taking a Reading

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

2. Press the O/I START button.



3. Hold your arm across your chest so that your fingers are touching the opposite shoulder bone.

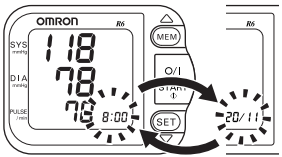
Adjust the height of your wrist until the position sensor alarm beeps slowly. When the monitor senses that your arm is in the correct position, the wrist cuff will automatically start to inflate and measurement starts.

Notes:

- If your wrist is too low or too high, the position sensor alarm will emit a series of two short bleeps similar to a heartbeat. When your wrist is at the correct position, the heart symbol starts to blink and longer beep tones are emitted.
- Sit still and do not talk or move until the measurement is completed.
- Keep the monitor at heart height until the measurement is completed.
- To stop measurement, press the O/I START 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.

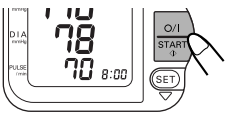
Note: The time and date of the measurement are displayed alternately.



Alternating display

5. Press the O/I START 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 display ( ). If the irregular heartbeats cause the measurement to be invalid, no result is shown. 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 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.

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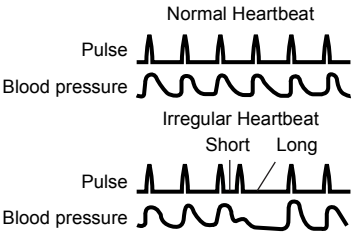
What is Irregular Heartbeat?



An irregular heartbeat is a heartbeat rhythm that varies by more 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 display appears on the display when the measurement results are displayed.
If too many irregular rhythms are detected during measurement, the irregular heartbeat display (♡) appears but no measurement is 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 irregular heartbeat display (♡) in the results indicates arrhythmia or not can only be determined by an examination and diagnosis by your doctor.

⚠ Warning:

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

3.3 Using the Memory Function

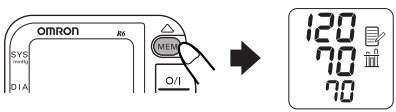
This monitor has a memory capable of storing 90 sets of readings. Every time you complete the measurement, the monitor automatically stores blood pressure and pulse rate. The monitor also displays an average reading based on the measurements from the three most recent readings.

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

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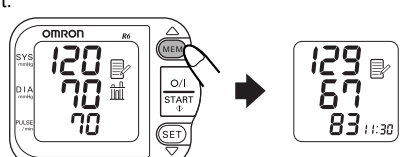
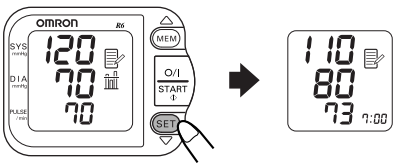
1. Press the MEM button, while the average reading is displayed, to view readings stored in memory from the most recent to the oldest.



2. Press the MEM button repeatedly to cycle through the readings.

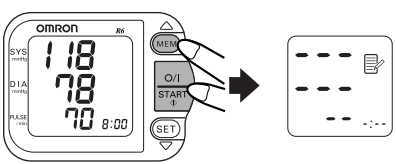
3. Press the SET button, while the average reading is displayed, to view readings from the oldest reading stored in memory.



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 reading in the monitor will be deleted.
To delete stored readings, press the MEM button and the O/I START button simultaneously, then all readings will be deleted.

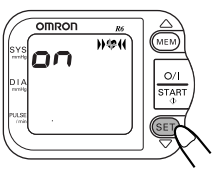


4. How to Modify the Settings

You can modify the options for the various settings of your monitor. This is done by pressing the SET button to select a setting, then pressing the MEM button to select the options for that setting. After selecting a setting, press the O/I START button to confirm the setting and turn the power off.

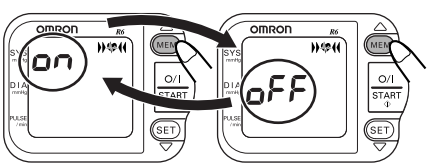
4.1 Turning the Position Sensor On/Off

1. Press the SET button until the position sensor display ( ) appears on the display.



2. Press the MEM button to select “On” or “Off”.

When “On” is selected, the monitor displays the left or right arrow symbol next to the heart symbol to indicate how close your wrist is to the correct measuring position.
When your wrist is at the correct position the heart symbol blinks and measurement starts.



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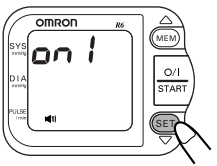
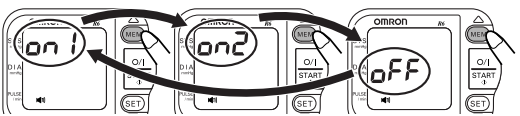
4.2 Setting the Position Sensor Alarm

1. Press the SET button until the position sensor alarm display ( ) appears on the display.



The default settings is “On1”, and this emits a series of two short blips if your wrist is too far away from the measuring position, and beeps slowly when you wrist is in the correct position. When “On2” is selected the alarm only beeps when your wrist is in the correct position.

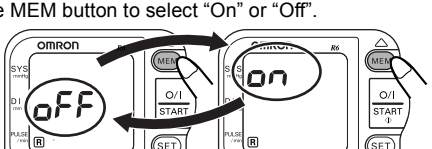
2. Press the MEM button to select “on1”, “on2”, or “OFF”.



4.3 Turning Right Wrist Measurement On/Off

1. Press the SET button until the right wrist measurement display (R) appears on the display. Select “On” to measure your blood pressure using your right wrist.

2. Press the MEM button to select “On” or “Off”.



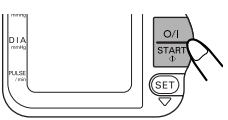
5. Quick Reference Guide

Use this as a quick reference guide only. If you are using this device for the first time, please read carefully Chapter 4 of this Instruction Manual.
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. It is recommended that you check your blood pressure at least twice a day, once in the morning before breakfast and once in the evening.
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 O/I START button.

Remain quiet, sit still and do not talk during the measurement.



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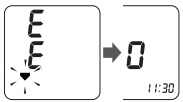
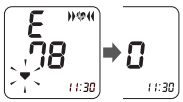
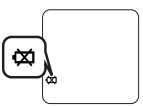
Notes:

- 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 R6 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.

6. Handling Errors and Problems

Symptom	Cause	Correction
No display appears when the O/I START button is pressed.	Batteries are empty.	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 Right Wrist Measurement setting appropriate?	Make sure that the setting is set correctly for the wrist being used to take the measurement. (See “3.2 Taking a Reading” on p. 14.)
	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 O/I START 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 nervous condition. Take deep breaths to relax before taking a measurement. (See “5. Quick Reference Guide” on p. 21.)	

Error Symbol	Cause	Correction
	Cuff over inflated.	Press the O/I START button once to turn off the power. Sit still restart measurement and keep still and do not talk during measurement.
	Movement during measurement	
	Wrist is not in the correct position.	Carefully read and repeat the steps in “3.2 Taking a Reading” on p. 14. Make sure that the setting is set correctly for the wrist being used to take the measurement.
	The wrist cuff is not fastened securely.	Carefully read and repeat the steps listed under “3.1 Applying the Wrist Cuff” on p. 12.
	This symbol indicates irregular or weak pulses are detected, but result can be considered reliable.	Remove the monitor. Wait 2-3 minutes and then take another measurement. Repeat the steps in “3.2 Taking a Reading” on p. 14. If this error continues to appear, consult your doctor.
	An E mark is displayed.	Consult your OMRON retail outlet or distributor.
	The battery power is low.	Replace the batteries with two new “AAA” alkaline (LR03) batteries.

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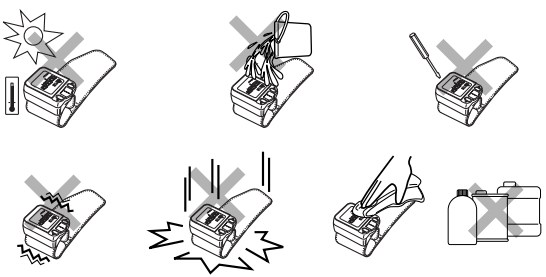
7. Storage and Maintenance

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.



Calibration and Service

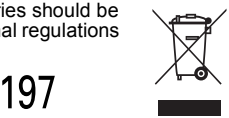
- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
  It is generally recommended to have the monitor inspected every two years to ensure correct functioning and accuracy. Please consult your authorised OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.
- If the wrist cuff needs to be replaced have this done by an authorised expert. Consult your authorised OMRON dealer or the OMRON Customer Service.
- Do not carry out any repairs yourself. If a defect occurs or you have doubts about the correct functioning of the device, consult your authorised OMRON dealer or the OMRON Customer Service.

8. Technical Data

Name	OMRON Wrist Blood Pressure Monitor
Model	OMRON R6 (HEM-6000-E)
Display	LCD Digital Display
Measurement	Oscillometric method
Measurement Range	Pressure: 0 to 299 mmHg/ Pulse: 40 to 180 beats/min
Memory	90 Measurements with date and time
Accuracy	Pressure: Within ±3 mmHg Pulse rate: Within ±5% of reading
Inflation	Automatic inflation by pump
Deflation	Automatic rapid deflation
Pressure Detection	Electrostatic capacity semiconductor pressure sensor
Power Source	Two 1.5V “AAA” alkaline (LR03) batteries
Battery Life	Approximately 300 measurements when using alkaline batteries at a room temperature of 22°C
Operating Temperature/ Humidity	10°C to 40°C, 30 to 85% RH
Storage Temperature/ Humidity	-20°C to 60°C, 10 to 95% RH
Weight of Main Unit	Approximately 110 g (not including batteries)
Outer Dimensions	70 mm (w) x 54 mm (h) x 37 mm(d) (not including the wrist cuff)
Measurable circumference of wrist	Approximately 13.5 to 21.5 cm
Package Content	Storage case, two “AAA” alkaline (LR03) batteries, instruction manual, guarantee card, blood pressure pass

Note: Subject to technical modification without prior notice

- 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.
- 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 CE 0197

This device fulfils the previsions 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.

Visit us at www.omron-healthcare.com

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.
Medical devices should also not interfere with other devices.

In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim to prevent unsafe product situations, the EN60601-1-2 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 EN60601-1-2:2001 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 EN60601-1-2:2001 is available at OMRON Healthcare Europe at the address mentioned in this instruction manual.
Documentation is also available at www.omron-healthcare.com.

EN

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.

This product does not contain any hazardous substances.

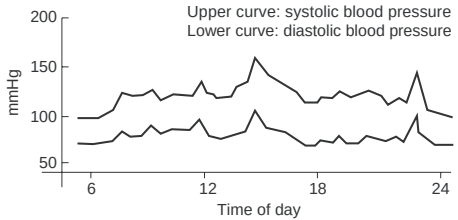
9. Some Useful Information about Blood Pressure

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*.
Both pressure readings, the *Systolic* and *Diastolic*, are necessary to enable a doctor to evaluate the status of a patient's blood pressure.

Why is it a Good Thing to measure Blood Pressure at Home?

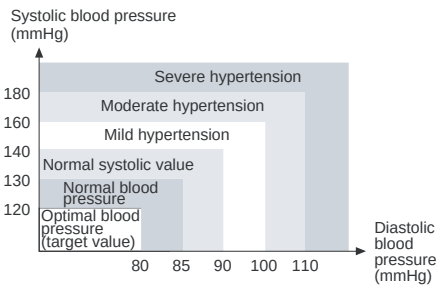
Having your blood pressure measured by a doctor can cause anxiety which is itself a cause of high blood pressure. As a variety of conditions affect blood pressure, a single measurement may not be sufficient for an accurate diagnosis.
Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. 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.



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

Classification of Blood Pressure by the World Heath Organization

The World Health Organization (WHO) and the International Society of Hypertension (ISH) developed the Blood Pressure Classification shown in this figure.



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.

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