

OMRON *RX-I*

Instruction Manual RX-I Fully automatic blood pressure monitor for measurement on the wrist

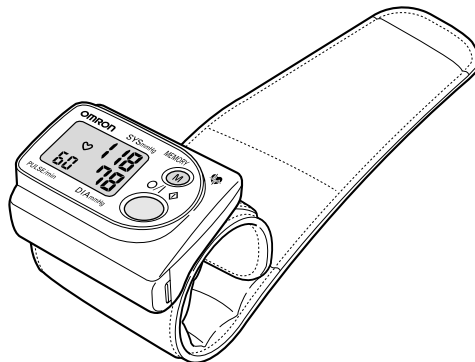
Gebrauchsanweisung *RX-I* Vollautomatisches Blutdruckmeßgerät zur Messung am Handgelenk

Gebruiksaanwijzing *RX-I* Volledig automatische bloeddrukmeter voor de pols

Manuel d'instructions *RX-I* Tensiomètre entièrement automatique pour prise de mesure au poignet

Manual de instrucciones *RX-I* Aparato completamente automático para medir la presión arterial en la muñeca

Manuale di istruzioni *RX-I* Misuratore della pressione per il polso completamente automatico



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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 RX-I is a very 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 RX-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 RX-I memorises your last 7 measurements. The cuff fits wrist circumferences from 13.5 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 before breakfast 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 vibrations may affect the reading.
- 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:

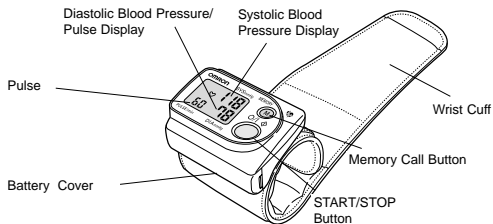
- RX-I Blood pressure measurements are not possible in cases of severe arteriosclerosis (hardening of the arteries).
- The pulse display is not suitable for measuring the frequency of cardiac pacemakers.
- Please be sure to wrap the cuff around your wrist before starting to measure. Furthermore, do not 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 you to consult a doctor.



How to measure your blood pressure

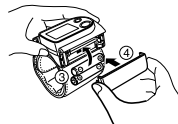
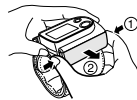
1. Inserting the batteries

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

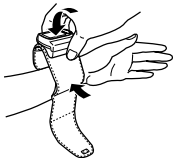
When inserting the batteries, make sure that the +/- poles agree with the symbols in the battery compartment. Use two identical 1.5 V batteries (type LR03 alkaline).

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

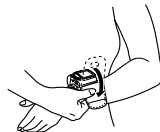
Holding the $\odot/1\oplus$ button down may shorten battery life. To avoid pressure on the button when transporting or storing, use the case provided. If the (\otimes) symbol appears, or if the display remains blank when you switch the monitor on, please change both batteries. Only use new, high-quality alkaline batteries.



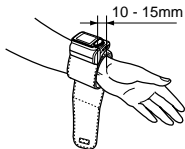
2. Fitting the cuff



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



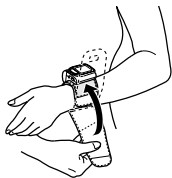
If the cuff is not fitted comfortably and firmly, correct measurement is not possible.



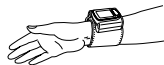
Place the wrist cuff on bare skin. Keep it clear of your clothing but do not roll up your sleeve.



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

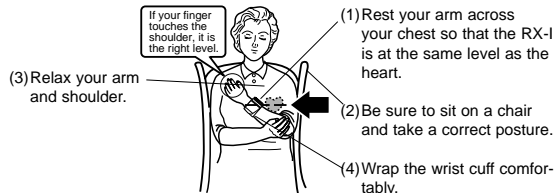


Hold the bottom part of the cuff as shown in the diagram and wrap it around your wrist while pulling so that it fits comfortably.



To measure on the right wrist

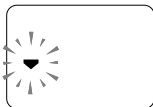
Measurement can also be made on the right wrist. Fit as shown in the diagram.



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 to begin 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.



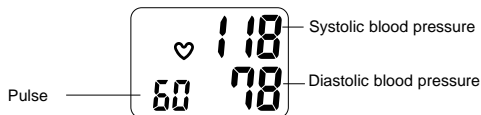
The monitor automatically inflates the cuff and the measurement is taken within approx. 30 seconds.

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, with the pulse reading. This reading will be stored in the memory.

Display of measurement results



If a measuring error has occurred, this will be indicated by **E** or **EE**. Please refer to the instructions on page 7.

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 a 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 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.

3. 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 7 measurements.

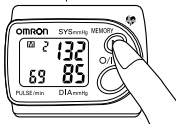
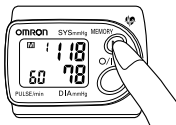
Once the memory has 7 measurement values the next reading will be stored and the oldest reading will be erased.

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

4. How to recall previous measured values from the memory

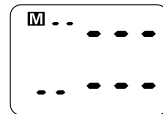
By pushing the memory button, you can recall and display the measured values from the memory starting from the last measured value. This is possible after measurement or directly when device is switched off.

When you push the MEMORY Button "M", if there is any measured value stored in the memory, M1 indicates the latest memory values. 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.

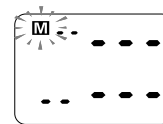
If there is no measured value in the memory, the display shown to the right is indicated when the MEMORY Button "M" is pushed.



5. 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.



All stored measurements will be 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 \bar{E}, \bar{EE} or \bar{E}</p> <p>\bar{E} 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. 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>\bar{E} 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 contacts are dirty. 	<p>Fit two new LR03 alkaline batteries.</p> <ol style="list-style-type: none"> Fit two new batteries. Insert the batteries correctly, as shown by the symbols in the battery compartment. Clean the battery contacts with a dry cloth.

Faults and their possible causes	Rectification
<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>

In some rare cases there are people where this measuring method does not work due to physical structure. In such cases OMRON recommends you 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 for the OMRON Customer Service at the address given on the packaging/ attached literature.

Technical data

Type:	OMRON RX-I
Display:	Digital LCD
Measuring range:	Blood pressure: 0 - 300 mmHg Pulse: 40 - 180 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:	7 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. 125 gr, incl. batteries

Outer dimensions: approx. 68 mm(W) x 54 mm(H) x 32.5 mm(I)

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.
Kruisweg 577
NL-2132-NA HOOFDDORP

Spare parts & accessories

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

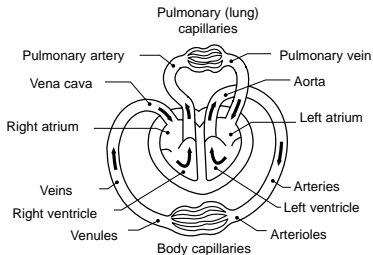
The batteries and cuff for this product are available as accessories at your local retailer.

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.

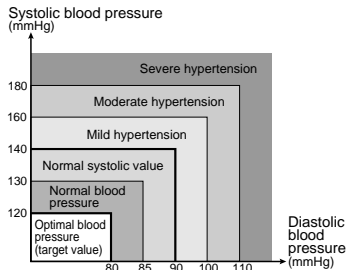
The higher blood pressure value (= systolic pressure or top value) signifies the blood pressure produced by contraction of the heart muscle and subsequent pumping of blood into the arterial system.

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 based on the blood pressure values measured by sitting on a chair in the outpatient department of a 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 to have hypotension.

Health and blood pressure

The incidence of hypertension increases with age. In addition, a lack of exercise, excess body fat and high levels of cholesterol (LDL) which sticks to the inside of blood vessels, reduces elasticity of these vessels. Hypertension accelerates arterial sclerosis, which can lead to very serious conditions such as stroke and myocardial infarction. For these reasons it is very important to know whether our blood pressure is within a healthy range. Blood pressure fluctuates from minute to minute, throughout the day. Therefore it is essential to take regular readings to help identify an average blood pressure for you.

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