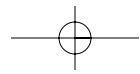
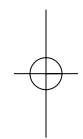




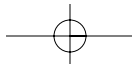
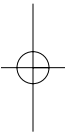
**OMRON**





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## INTRODUCTION





Thank you for purchasing the Omron Automatic Blood Pressure Monitor with IntelliSense™, T5. Although your blood pressure fluctuates throughout the day, no self-adjustment is necessary as the monitor intelligently adjusts to your changing conditions. The IntelliSense™ monitor uses fuzzy logic intelligence to sense both your systolic and diastolic blood pressure values, and the result is personalized inflation with every reading. Arm discomfort and misreading due to improper cuff inflation are virtually eliminated.

Your new OMRON monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts the movements into a digital reading. At the push of a button, the monitor automatically fills the cuff with air, starts deflation, then displays your systolic, diastolic, and pulse readings on an extra large display panel.

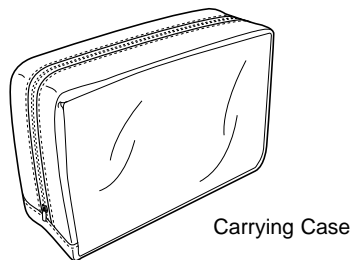
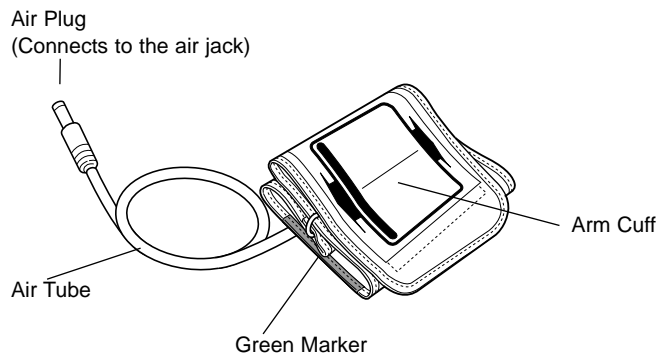
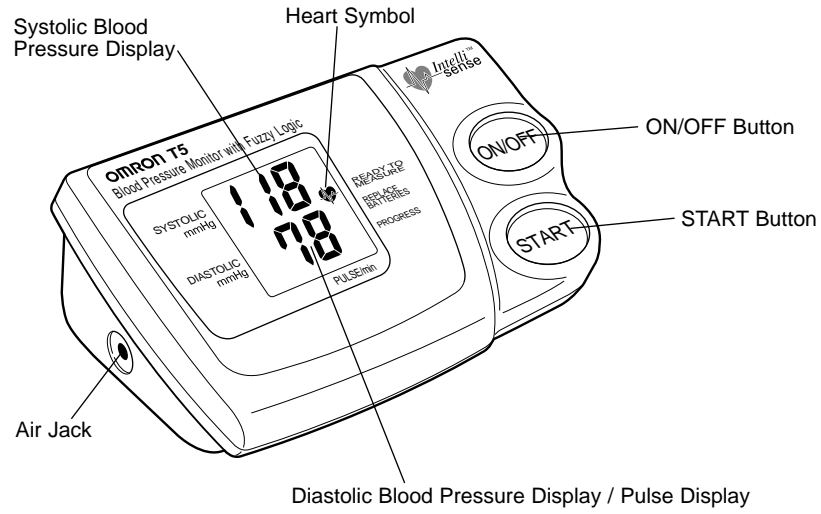
**Please read this instruction manual thoroughly before using this unit. For specific information on your own blood pressure, CONTACT YOUR DOCTOR.**

## NOTES ON SAFETY

### ⚠ Caution

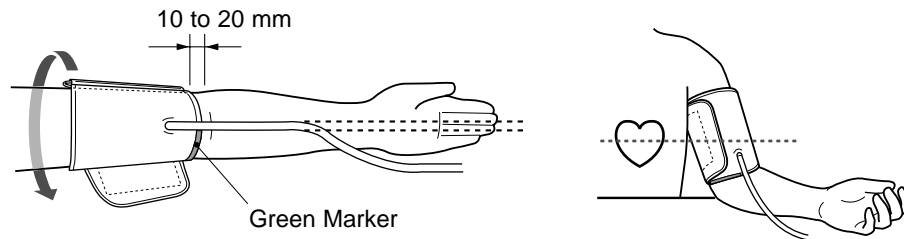
Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.	
Do not use the unit on infants or persons who cannot express one's intention.  Do not use the unit for any purpose other than measuring blood pressure.  Do not use a cellular phone near the unit. Improper operation may result.	
Do not disassemble, repair, or remodel the main unit or the arm cuff of the blood pressure monitor.	
The battery liquid may leak and damage the main unit. Please observe the following points. <ul style="list-style-type: none"> <li>• When you are not going to use the unit for a long period of time (approximately three months or more), take out the batteries.</li> <li>• Replace the worn batteries with new ones immediately.</li> <li>• Do not use worn and new batteries together.</li> <li>• Do not insert the batteries with their polarities in wrong direction.</li> </ul> Do not use excessive force to bend the arm cuff or the air tube. When removing the air tube, pull at the connector. Do not apply strong shock or drop the main unit. Do not inflate the arm cuff before it is attached on the arm.	

# KNOW YOUR UNIT



## QUICK REFERENCE GUIDE

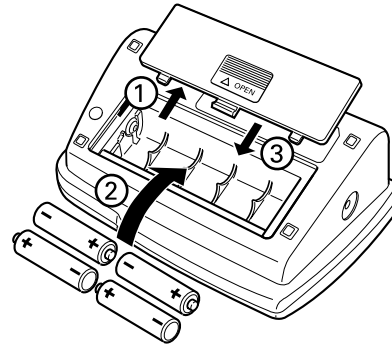
1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement.
2. Remove tight-fitting clothing from your upper arm.
3. Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff is at the same level as your heart.
4. Put your arm through the cuff loop making sure that the bottom edge of the cuff is approximately 10 to 20 mm above the elbow and that the Green Marker on the cuff is above brachial artery.



5. Pull the end of the cuff so that the entire cuff is evenly tightened around your arm and press the hook material firmly against the pile side of the cuff.
6. Press the ON/OFF button.
7. After the Heart Symbol (♥) appears on the digital panel, press the Start button, and remain still until the measurement is complete.
8. When measurement is complete, the monitor displays your blood pressure and pulse rate, and automatically deflates the cuff.
9. Wait 2-3 minutes before taking another blood pressure measurement. You may require more rest time between readings depending on your individual physiological characteristics.

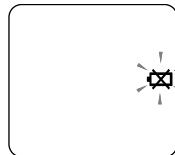
## BATTERY INSTALLATION/REPLACEMENT

1. Slide the battery cover off in the direction of the arrow.
2. Install or replace 4 LR6 size batteries so the + (positive) and – (negative) polarities match the polarities of the battery compartment as indicated.
3. Replace the battery cover.



### Notes:

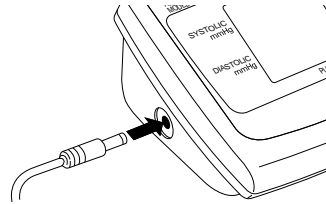
If the Low Battery Indicator (⊗) appears on the display, replace all four batteries. Long-life alkaline batteries are recommended.



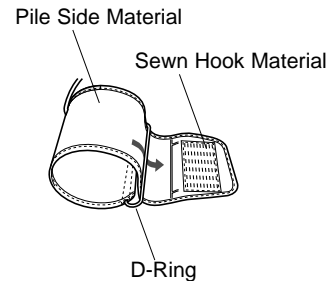
Remove the batteries if the monitor will not be used for an extended period of time.

## HOW TO APPLY THE ARM CUFF

1. If the cuff is assembled correctly, the hook material will be on the outside of the cuff loop and the metal D-ring will not touch your skin.

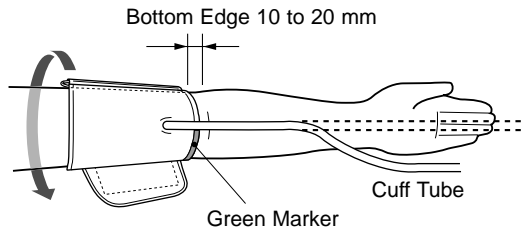


2. If the cuff is not assembled, pass the end of the cuff furthest from the tubing through the metal D-ring to form a loop. The smooth cloth should be on the inside of the cuff loop.



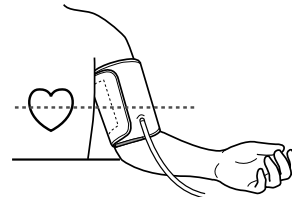
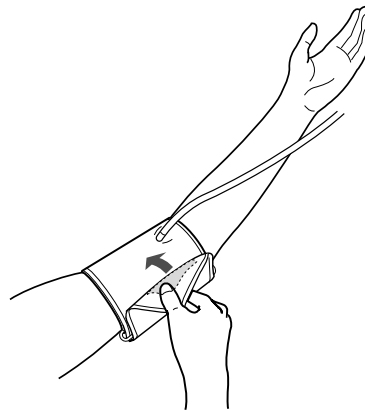
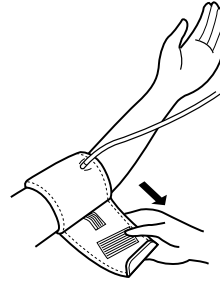
3. Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff is at the same level as your heart.

4. Put your arm through the cuff loop. The bottom of the cuff should be approximately 10 to 20 mm above the elbow. The Green Marker on the cuff should lie over the brachial artery on the inside of the arm. Tube should run down center of arm approximately even with middle finger.



## HOW TO APPLY THE ARM CUFF

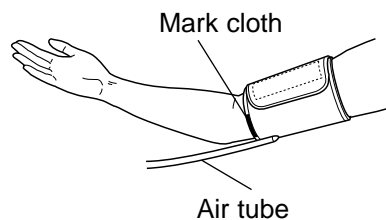
5. Pull the cuff so that the top and bottom edges are tightened evenly around your arm.
6. When the cuff is positioned correctly, press the sewn hook material **FIRMLY** against the pile side of the cuff.
7. Make certain the cuff fits snugly around your arm. The cuff should make good contact with your skin.
8. Relax your arm and turn your palm upward.
9. Be sure there are no kinks in the air tubing.



### **You can also measure blood pressure on your right arm.**

Wrap the arm cuff as shown in the Figure.

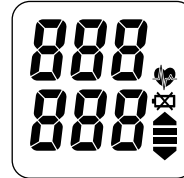
1. Place the air tube below the elbow.
2. Place the mark cloth inside the elbow joint of your right arm.



## HOW TO TAKE A READING

1. Press the ON/OFF button.

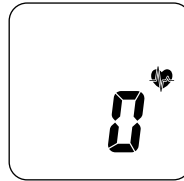
- a) All display symbols appear for approximately one second.
- b) When the monitor becomes ready to measure, the Heart Symbol appears on the display.



Initial LCD Test

2. Press the START button and remain still.

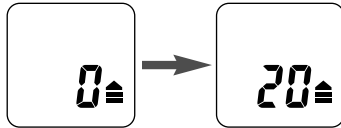
As the cuff begins to inflate, the monitor automatically determines your ideal inflation level. Because this monitor detects the pulse even during inflation, do not move your arm and remain still until the entire measurement completes.



Ready to Measure

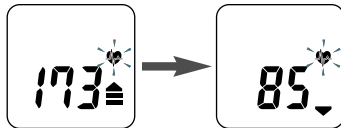
3. Inflation stops automatically and measurement is started.

As the cuff slowly deflates, decreasing numbers appear on the display and the Heart Symbol (♥) flashes at every heartbeat. In rare circumstances, a higher inflation may be necessary. In those cases, the monitor reinflates the cuff up to 30 mmHg higher than initial inflation and restarts the measurement.



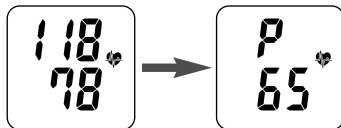
Inflation started.

4. When the measurement is complete, the arm cuff completely deflates and your blood pressure and pulse rate are displayed.



5. Press the ON/OFF button to turn the monitor off.

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



## HOW TO TAKE A READING

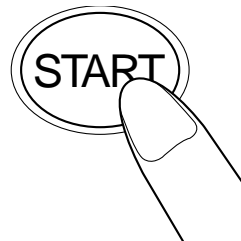
### Instructions for special conditions:

- If your systolic pressure is known to be more than 220 mmHg, push and hold the START button until the monitor inflates 30 to 40 mmHg higher than your suspected systolic pressure.

**NOTE: Do not apply more pressure than necessary.**



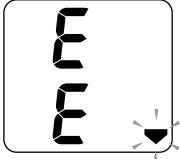
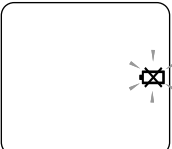

**The monitor will not inflate above 300 mmHg.**

- If you want to stop the measurement, push the ON/OFF button. The monitor will stop inflating and start deflating rapidly, then the monitor will power off.



Continue to press button

## TROUBLESHOOTING

Error Indicator	Cause	Correction
	Cuff under-inflated.	Turn monitor off, wait 2-3 minutes and take another measurement. Repeat steps listed under "How to Take a Reading." If "EE" is displayed again, take another measurement by pressing and holding the START button as instruction page 11 under "How to Take a Reading", instructions for special conditions.
	Movement during measurement.	
	Cuff over-inflated (more than 300 mmHg).	Turn the monitor off, carefully read and repeat steps listed under "How to Take a Reading."
	Battery voltage is excessively low.	Replace all four "LR6" batteries with new batteries.
	The main unit has malfunctioned	Contact at the store where you purchased the unit.

## CARE AND MAINTENANCE

**To protect your monitor from damage, please AVOID the following:**

- Subjecting your monitor and cuff to extreme temperatures, humidity, moisture, and direct sunlight.
- Folding the cuff and tubing tightly.
- Inflating the monitor over 280 mmHg.
- Disassembling the monitor.
- Subjecting the monitor to strong shocks (for example, dropping the monitor on the floor.)
- Do not clean the monitor with volatile liquids.  
**THE MONITOR SHOULD BE CLEANED WITH A SOFT, DRY CLOTH.**
- Do not clean cuff.

## SPECIFICATIONS

Model:	<b>T5</b>
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 mmHg to 280 mmHg Pulse: 40 to 180 beats/minute
Accuracy/Calibration:	Pressure: $\pm 4$ mmHg Pulse: $\pm 5\%$ of reading
Inflation:	Fuzzy-logic controlled by electric pump
Deflation:	Active electronic control valve
Rapid Pressure Release:	Automatic pressure release valve
Pressure Detection:	Capacitive pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitive pressure sensor
Power Source:	4 Alkaline batteries 1.5 V (Type LR6)
Battery Life:	Approximately 300 uses
Operating Temperature/Humidity:	10°C to 40°C 30 to 85% RH maximum
Storage Temperature/Humidity:	-20°C to 60°C 10 to 95% RH maximum
Main Unit Weight:	Approximately (350g) not including batteries
Main Unit Dimensions:	Approximately 109 mm (l) x 170 mm (w) x 66 mm (h)
Cuff Dimensions:	Approximately 140 mm x 480 mm
Cuff Circumference:	Fit arm circumference 22 cm to 32 cm
Accessories:	Arm cuff (standard size), carrying case, instruction manual

**NOTE:** These specifications are subject to change without notice.

### Options

#### Standard arm cuff for adult

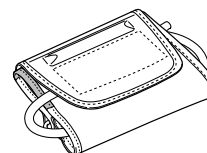
\* For arm circumferences of 22 to 32 cm (at the center of brachium)

#### Arm cuff for slender arm

\* For arm circumferences of 17 to 22 cm (at the center of brachium)

#### Arm cuff for large arm

\* For arm circumferences of 32 to 38 cm (at the center of brachium)



The optional arm cuff is not equipped with an air plug. Please do not discard the air plug and retain for use with the new arm cuff.

## Correct Measurement of Blood Pressure

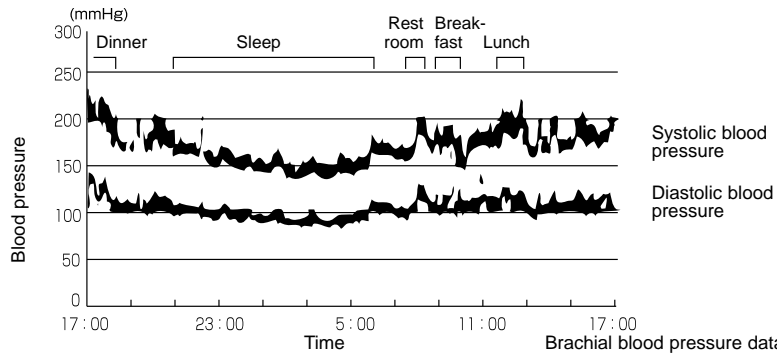
**Blood pressure values measured at home have a tendency to be lower than those measured at the hospital/clinic.**

Blood pressure values measured at home are sometimes 20 to 30 mmHg lower than those measured at the hospital/clinic. This is caused by the fact that you are nervous when you have your blood pressure measured at the hospital/clinic, but you feel relaxed at your home. It is important to know your normal blood pressure measured at home in stable state.

Blood pressure may fluctuate by 30 to 50 mmHg without being noticed depending on whether you are nervous or relaxed.



**Blood pressure fluctuates even if it is measured every ten seconds in the same day. (Direct measuring method)**



Provided by Dr. Osamu Tochikubo of the Second Internal Medicine, the Faculty of Medicine at Yokohama Municipal University.

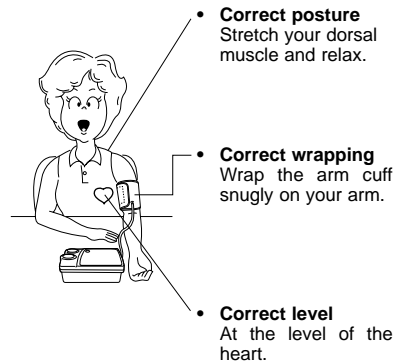
### Factors that may cause the blood pressure to fluctuate

- Breathing • Exercise • Mental stress • Worries • Environmental and/or temperature change • Eating • Urination and bowel movement • Talking • Taking a bath • Drinking alcohol • Smoking, etc.

### Let's Measure Blood Pressure Correctly.

It is important to observe the correct method for accurate blood pressure measurement. Please read the explanation from Pages 5 to 8 and measure your blood pressure according to the correct procedures.

- (1) Relax.
- (2) Wrap the arm cuff snugly at the correct position on your left arm.  
(You can also use the right arm to measure.)
- (3) If necessary raise your arm where the arm cuff is wrapped to the level of the heart, and relax your body.



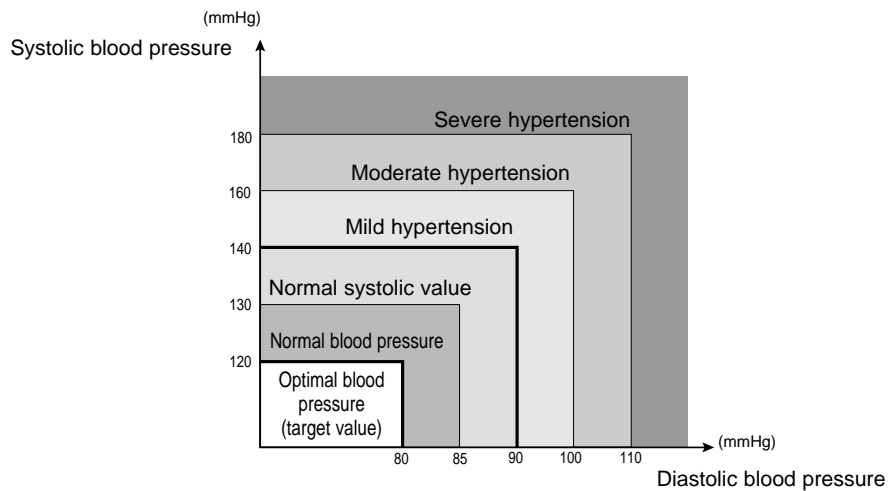
# Information About Blood Pressure

## 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 to the right.

(This classification is based on the blood pressure measured in a sitting position, in the outpatient department of hospitals.)

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



\* According to the blood pressure classification by the WHO/ISH (revised in 1999)