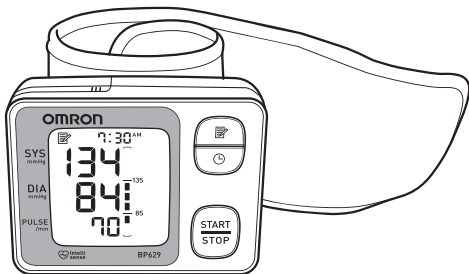


# OMRON

## INSTRUCTION MANUAL

### Wrist Blood Pressure Monitor Model BP629



ESPAÑOL

ENGLISH

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# INTRODUCTION

Thank you for purchasing the OMRON BP629 Wrist Blood Pressure Monitor.

*Fill in for future reference.*


DATE PURCHASED: \_\_\_\_\_

SERIAL NUMBER: \_\_\_\_\_

- *Staple your purchase receipt here*
- *Register your product on-line at [www.register-omron.com](http://www.register-omron.com)*

The monitor is compact and easy-to-use at home, at work, and during travel. Perfect for people who frequently monitor their own blood pressure. Your new digital blood pressure 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. An oscillometric monitor does not need a stethoscope so the monitor is simple to use.

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 close to each other. Frequently measuring the blood pressure in your wrist will provide your physician with an accurate indication of changes in your blood pressure.

 Please read this instruction manual thoroughly before using the device. Please keep for future reference.

For specific information about your own blood pressure, **CONSULT YOUR PHYSICIAN.**

## SAVE THESE INSTRUCTIONS

# SAFETY INFORMATION

## INTENDED USE

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population with wrist circumference ranging from 5 1/4 inches to 8 1/2 inches (13.5 cm to 21.5 cm). The device detects the appearance of irregular heartbeats during measurement and gives a warning signal with reading.

## SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

<b>⚠WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
<b>⚠CAUTION</b>	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.

## OPERATING THE DEVICE

- ⚠ Consult your physician for specific information about your blood pressure. Self-diagnosis and treatment using readings may be dangerous. Follow the instructions of your physician or licensed healthcare provider.
- ⚠ DO NOT adjust medication based on readings from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.
- ⚠ The monitor is not intended to be a diagnostic device.
- ⚠ Consult your physician before using the device for any of the following conditions: common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, age, pregnancy, pre-eclampsia, renal diseases.  
Note that PATIENT motion, trembling, shivering may affect the reading.
- ⚠ If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a physician immediately.
- ⚠ Keep the batteries out of reach of young children.
- ⚠ Do not use the device on the injured wrist or the wrist under medical treatment.
- ⚠ Consult your physician before using the device on the arm with an arterio-venous (A-V) shunt.

## SAFETY INFORMATION

- ⚠ Do not use the device with other medical electrical (ME) equipment simultaneously.
- ⚠ Do not use the device in the area the HF surgical equipment, MRI, or CT scanner exists, or in the oxygen rich environment.
- ⚠ Consult your physician before using the device for any of the following conditions:
  - If you have had a mastectomy.
  - People with severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- ⚠ Do not take measurements more than necessary. It may cause bruising due to blood flow interference.
- ⚠ If you have a condition that may compromise circulation, you may get an inaccurate reading with this device. Consult your physician before using this device.
- ⚠ Read all of the information in the instruction manual and any other literature in the box before operating the device.
- ⚠ Do not use this device on infants or persons who cannot express their intentions.
- ⚠ Operate the device only as intended. Do not use the device for any other purpose.
- ⚠ Dispose of the device and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- ⚠ Do not use a mobile phone near the device. It may result in an operational failure.
- ⚠ Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the device.
- ⚠ Use only 1.5V “AAA” alkaline batteries with this device. Do not use other types of batteries. This may damage the device.
- ⚠ Do not use in a location with moisture, or a location where water may splash on the device. This may damage the device.

# SAFETY INFORMATION

## CARE AND MAINTENANCE

- ⚠ Do not subject the monitor to strong shocks, such as dropping the device on the floor.
- ⚠ Do not submerge the device or any of the components in water.
- ⚠ Do not subject the device to extreme hot or cold temperatures, humidity or direct sunlight.
- ⚠ Store the device and the components in a clean, safe location.
- ⚠ Changes or modification not approved by the manufacturer will void the user warranty. Do not disassemble or attempt to repair the device or components.
- ⚠ Do not use the device outside the specified environment. It may cause an inaccurate reading.

## GENERAL PRECAUTION

- Read and follow the “Important information regarding Electro Magnetic Compatibility (EMC)” in the EMC information provided with this device.

## BEFORE TAKING A MEASUREMENT

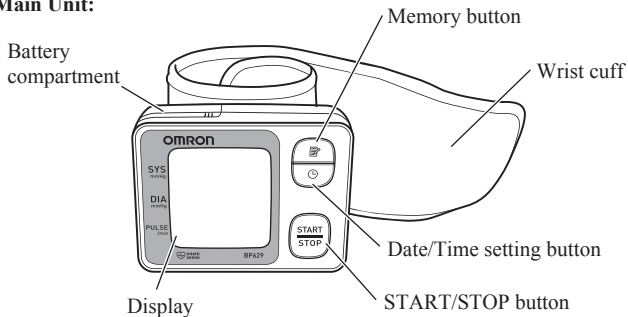
To ensure a reliable reading, follow these recommendations:

1. Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before taking a measurement. Rest for at least 5 minutes before taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. The cuff can be applied to your left or right wrist.
4. Measurements should be taken in a quiet place.
5. Position the unit at heart level throughout the measurement.
6. Remain still and do not talk during the measurement.
7. Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.

# KNOW YOUR UNIT

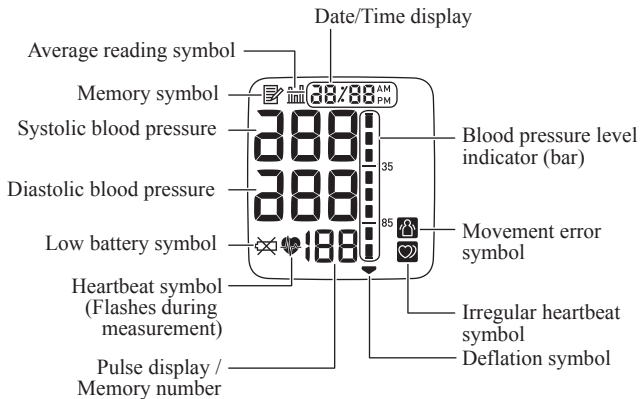
**Contents:** Main Unit, Storage Case, 2 “AAA” Alkaline Batteries, Instruction Manual, Quick Start Guide, EMC Information

## Main Unit:





# DISPLAY



# DISPLAY SYMBOLS

## HEARTBEAT SYMBOL (🫀)

The Heartbeat symbol flashes on the display at every heartbeat during the measurement.

## AVERAGE READING SYMBOL (📊)

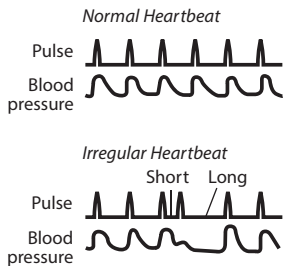
The Average Reading Symbol is displayed when you press the Memory button (📄). The most recent average reading appears on the display screen.

## IRREGULAR HEARTBEAT SYMBOL (🫀)

When the monitor detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol will appear on the display with the readings.

An irregular heartbeat rhythm is defined as a rhythm that varies by less than 25% from the average rhythm or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure.

If the irregular heartbeat symbol displays with your readings, we recommend you consult your physician. Follow the directions of your physician.



## MOVEMENT ERROR SYMBOL (🚫)

The Movement Error Symbol (🚫) is displayed if you move your body during the measurement. Please remove the wrist cuff, and wait 2-3 minutes. Reapply the wrist cuff and take another measurement.

# DISPLAY SYMBOLS

## 2013 ESH/ESC Guidelines for the management of arterial hypertension

Definitions of hypertension by office and home blood pressure levels

	Office	Home
Systolic Blood Pressure	$\geq 140$ mmHg	$\geq 135$ mmHg
Diastolic Blood Pressure	$\geq 90$ mmHg	$\geq 85$ mmHg

These are from statistical values for blood pressure.

### **⚠ WARNING**

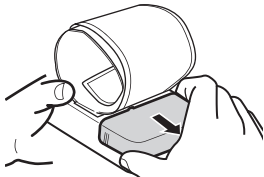
Consult your physician for specific information about your blood pressure. Self-diagnosis and treatment using readings may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

# BATTERY INSTALLATION

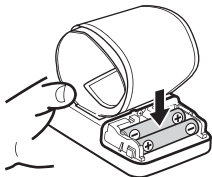
## ⚠ CAUTION

Use only 1.5V “AAA” alkaline batteries with this device.

1. Remove the battery cover.



2. Install 2 “AAA” size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated, then replace the battery cover.



- NOTES:**
- Make sure that the battery cover is securely in position.
  - Do not touch the battery terminals when you install or remove the batteries.

## BATTERY REPLACEMENT



Low battery symbol

When the Low battery symbol appears on the display, turn the monitor off and remove all the batteries. Replace with 2 new alkaline batteries at the same time.

### ⚠ WARNING

If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a physician immediately.

### ⚠ WARNING

Keep the batteries out of reach of young children.

## BATTERY INSTALLATION

- NOTES:**
- Turn the monitor off before replacing the batteries. If the batteries are removed while the monitor is still on, the date and time will be reset to that of the previous use. The readings are not deleted.
  - When the batteries are replaced, you may need to reset the date and time. If the “-:--” appears on the display, refer to “Setting the Date and Time”.
  - The batteries included with the device may have a shorter life.

### CAUTION

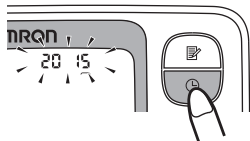
Dispose of the device and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

# SETTING THE DATE AND TIME

Set the monitor to the current date and time before taking a measurement for the first time or after replacing the batteries.

## 1. TO START THE SETTING

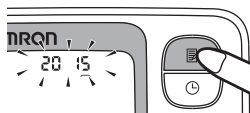
Press and hold the Date/Time Setting button (⌚) until the year flashes on the display.



## 2. SETTING THE YEAR

Press the Memory button (📄) to advance by one year.

Press the Date/Time Setting button (⌚) to set the current year.

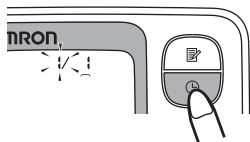


The month flashes on the display.

**NOTES:**

- The year can be set between 2015 and 2040. When the display reaches 2040, it will return to 2015.

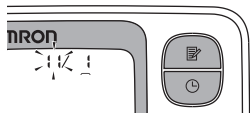
- Press and hold the (📄) button to increase the date and time values faster.



## 3. SETTING THE MONTH

Press the Memory button (📄) to advance by one month.


Press the Date/Time Setting button (⌚) to set the current month.




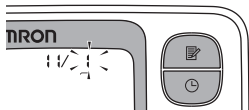
The day flashes on the display.

# SETTING THE DATE AND TIME

## 4. SETTING THE DAY

Press the Memory button (  ) to advance by one day.


Press the Date/Time Setting button (  ) to set the current day.




The hour flashes on the display.

## 5. SETTING THE HOUR

The time is set using AM or PM.


Press the Memory button (  ) to advance by one hour.


Press the Date/Time Setting button (  ) to set the current hour.

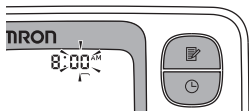


The minute flashes on the display.

## 6. SETTING THE MINUTE

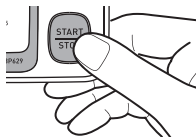
Press the Memory button (  ) to advance by one minute.

Press the Date/Time Setting button (  ) to set the minute setting.



## 7. TO TURN THE MONITOR OFF

Press the START/STOP button.



# APPLYING THE WRIST CUFF

## ⚠ CAUTION

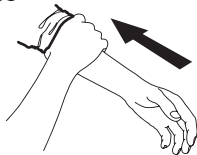
Read all of the information in the instruction manual and any other literature in the box before operating the device.

## ⚠ CAUTION

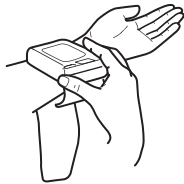
This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

### APPLYING THE CUFF ON THE LEFT WRIST

1. Roll up sleeve. Make sure your sleeve is not rolled up too tightly on your arm. This may constrict the flow of blood in your arm.

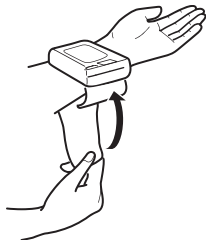


2. Place the wrist cuff over your wrist. Your palm should face upward.



3. Position the cuff leaving a clearance of approximately 1/2 to 1 inch (1 to 2 cm) between the cuff and the bottom of your palm.

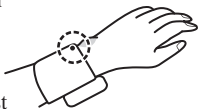
4. Wrap the wrist cuff around your wrist. Do not apply over clothing.





## APPLYING THE WRIST CUFF

- NOTES:**
- Wrap the wrist cuff securely around the wrist for taking accurate measurements.
  - Make sure the wrist cuff does not cover the protruding part of the wrist bone on the outside of the wrist.



### APPLYING THE CUFF ON THE RIGHT WRIST

When taking a measurement using the right wrist position the cuff as shown in the illustration.



## TAKING A MEASUREMENT

1. Sit comfortably on a chair with your legs uncrossed and your feet flat on the floor and place your elbow on a table in order to relax before starting blood pressure measurement.

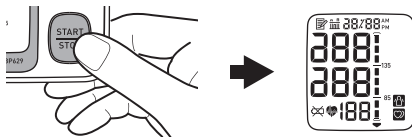


- NOTES:**
- The distance from the top of your seat measuring to the top of the table you are sitting at, should be  $12 \pm 2$  inches ( $30 \pm 5$  cm). If the distance measured between the top of your seat and table do not fall within this parameter, please correct your seat or table height.
  - The cuff must be approximately the same height as your heart. If the cuff is too high above your heart, your blood pressure will read artificially low. If the cuff is too low below your heart, your blood pressure will be artificially high.
  - Relax your wrist and hand. Do not bend your wrist back, clench your fist, or bend your wrist forward.



## TAKING A MEASUREMENT

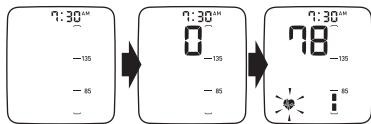
2. Press the START/STOP button.  
All symbols appear on the display.



The wrist cuff will start to inflate automatically.

As the cuff inflates, the monitor automatically determines your ideal inflation level. This monitor detects your blood pressure and pulse rate during inflation. The Heartbeat Symbol (♥) flashes at every heartbeat.

Remain still and do not move until the entire measurement process is completed.



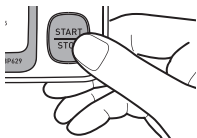
**NOTE:** To stop the inflation or measurement, push the START/STOP button. The monitor will stop inflating, start deflating, and will turn off.

3. After the monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. Your blood pressure and pulse rate are displayed.



## TAKING A MEASUREMENT

4. Press the START/STOP button to turn the monitor off.



- NOTES:**
- The monitor will automatically turn off after two minutes.
  - Wait 2-3 minutes between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physiological characteristics.

**⚠ WARNING**

Consult your physician for specific information about your blood pressure. Self-diagnosis and treatment using readings may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

**⚠ WARNING**

DO NOT adjust medication based on readings from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.

**⚠ WARNING**

The monitor is not intended to be a diagnostic device.

# USING THE MEMORY FUNCTION



Every time you complete a measurement, the monitor stores the blood pressure and pulse rate in the memory. The monitor automatically stores up to 60 readings (blood pressure and pulse rate). When 60 readings are stored, the oldest record is deleted to save the most recent readings.

## AVERAGING FUNCTION


The monitor calculates the average reading based on up to the 3 most recent readings taken within 10 minutes.

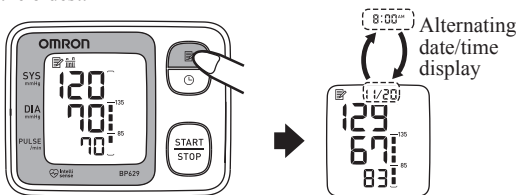
**NOTE:** If 2 readings are stored in the memory for the 10 minute period, the average is based on the 2 readings. If only one reading is stored, this is displayed as the average.

## TO DISPLAY YOUR READINGS

1. Press the Memory button (  ) to display the average reading based on the 3 most recent readings taken within 10 minutes. The Average Reading Symbol (  ) appears on the display when the average reading is shown.



2. Press the Memory button (  ) to display the readings from the most recent to the oldest.



# USING THE MEMORY FUNCTION

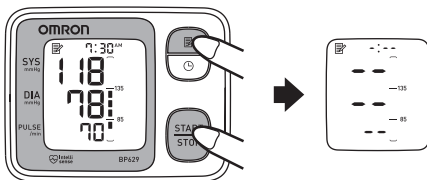
- NOTES:**
- The Memory number appears for a second before the pulse rate is displayed. The newest set is number “1”.
  - The date and time are alternately displayed with the readings.
  - Press the Memory button (📄) repeatedly to display the next readings.
  - Press and hold the Memory button (📄) to display the readings faster.

3. Press the START/STOP button to turn the monitor off.

## TO DELETE ALL READINGS STORED IN THE MEMORY

You cannot partially delete readings stored in the memory. All readings will be deleted.

1. Press the Memory button (📄) to turn the monitor on.
2. While holding the Memory button (📄), press the START/STOP button down for more than 2 seconds until the display appears as it does in the following illustration.



3. Press the START/STOP button to turn the monitor off.

**NOTE:** The monitor will automatically turn off after 2 minutes.

## CARE AND MAINTENANCE

*To keep your digital blood pressure monitor in the best condition and protect the device from damage, follow the directions listed below:*

**Do not forcefully** bend the cuff. Do not fold tightly.

**Clean the device with a soft dry cloth.**

Do not use any abrasive or volatile cleaners.

Wipe clean on the surface of the cuff with a soft, moistened cloth with a dilution of neutral detergent.

Do not allow any liquids inside the cuff. If a liquid gets in the cuff, dry the inside well.

**⚠ CAUTION**

Do not submerge the device or any of the components in water.

**⚠ CAUTION**

Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.

**⚠ CAUTION**

Store the device and the components in a clean, safe location.

**⚠ CAUTION**

Do not subject the monitor to strong shocks, such as dropping the device on the floor.

**Remove the batteries** if the device will not be used for 3 months or longer. Always replace all the batteries with new ones at the same time.

**Use the device in a manner consistent with the instructions provided in this manual.**


**⚠ CAUTION**

Use only OMRON authorized parts and accessories. Parts and accessories not approved for use with the device may damage the device.

**⚠ CAUTION**

Changes or modification not approved by the manufacturer will void the user warranty. Do not disassemble or attempt to repair the device or components.

## ERROR INDICATORS

SYMBOL	CAUSE	CORRECTION
<b>E1</b>	Wrist cuff not applied correctly.	Apply the wrist cuff correctly. Refer to “Applying the Wrist Cuff”.
<b>E3</b>	Movement during measurement.	Do not hold the wrist cuff. Remain still and do not talk during measurement. Refer to “Taking a Measurement”.
<b>E4</b>		
<b>E5</b>	Wrist cuff not applied correctly or movement during measurement.	Apply the wrist cuff correctly. Refer to “Applying the Wrist Cuff”. Remain still and do not talk during measurement. Refer to “Taking a Measurement”.
<b>E7</b>	Arm position changed during measurement.	Remain still until the measurement is complete. Refer to “Taking a Measurement”.
<b>E<sub>r</sub></b>	Device error.	Contact Customer Service.
	Batteries are low.	Replace the batteries. Refer to “Battery Installation”.



## TROUBLESHOOTING TIPS

PROBLEM	CAUSES AND SOLUTIONS
No power. No display appears on the monitor.	Replace both batteries with new ones at the same time. Check the battery installation for proper placement of the battery polarities. Review the section “Battery Installation”.
Readings appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, how you wrap the cuff, where you position your wrist, may affect your blood pressure. Review the sections “Before Taking a Measurement” and “Taking a Measurement”.

# FCC STATEMENT

## FCC CAUTION

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### Note:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## LIMITED WARRANTY

Your BP629N Wrist Blood Pressure Monitor, excluding the batteries, is warranted to be free from defects in materials and workmanship appearing within 2 years from the date of purchase, when used in accordance with the instructions provided with the monitor. The above warranty extends only to the original retail purchaser.

We will, at our option, replace without charge any monitor covered by the above warranty. Replacement is our only responsibility and your only remedy under the above warranty.

To obtain warranty service contact Customer Service by calling **1-800-634-4350** for the address of the inspection center and the return shipping and handling fee.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

**THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.**

**OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.**



This warranty provides you with specific legal rights, and you may have other rights which vary from state to state. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

### FOR CUSTOMER SERVICE

Visit our web site at:  
Call toll free:

[www.omronhealthcare.com](http://www.omronhealthcare.com)  
1-800-634-4350

# SPECIFICATIONS

Model:	BP629N  HEM-6130-Z
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg, Pulse: 40 to 180 beats/min.
Accuracy:	Pressure: $\pm 3$ mmHg or 2% of reading Pulse: $\pm 5$ % of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic rapid deflation
Measurement Method:	Oscillometric method
Rating:	DC3V 1.5W
Power Source:	2 “AAA” alkaline batteries 1.5V
Battery Life:	Approx. 300 uses with 2 new alkaline batteries
Operating Temperature /Humidity:	50°F to 104°F (10°C to 40°C) /15 to 85% RH
Storage Temperature /Humidity/Air Pressure:	-4°F to 140°F (-20°C to 60°C) /10 to 95% RH/ 700 to 1060 hPa
Main Unit Weight:	Approx. 3 5/8oz. (101g) (not including batteries)
Main Unit Dimensions:	Approx. 3"(w) $\times$ 2 3/8"(l) $\times$ 7/8"(d) (78 mm $\times$ 60 mm $\times$ 21 mm) (not including the wrist cuff)
Measurable Circumference of wrist:	Approx. 5 1/4" to 8 1/2" (13.5 to 21.5 cm)
Memory:	Up to 60 readings
Contents:	Main Unit, Storage Case, 2 “AAA” Alkaline Batteries, Instruction Manual, Quick Start Guide, EMC Information
Applied Part:	 = Type B
Protection Against Electric Shock:	Internally powered ME equipment

## SPECIFICATIONS

- NOTES:**
- These specifications are subject to change without notice.
  - In the clinical validation study, the 5th phase was used on 85 subjects for determination of diastolic blood pressure.
  - This device has not been validated for use on pregnant patients.

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