

Omron HEM-18

Omron HEM-18 Home Manual Blood Pressure Kit User Manual

Model: HEM-18

1. INTRODUCTION

The Omron HEM-18 Home Manual Blood Pressure Kit is designed to provide accurate blood pressure measurements for personal use at home. This manual provides essential information for the safe and effective use of your blood pressure kit, including setup, operation, maintenance, and troubleshooting.

2. SAFETY INFORMATION

Please read all safety information carefully before using the device. Failure to follow these instructions may result in inaccurate readings or injury.

- **Consult Your Physician:** Always consult your physician for interpretation of blood pressure readings. Self-diagnosis and treatment based on measurements can be dangerous.
- **Proper Cuff Size:** Ensure the cuff size is appropriate for your arm circumference. Using an incorrect cuff size can lead to inaccurate readings. This kit includes a medium cuff, suitable for arm circumferences up to 13 inches.
- **Avoid Rapid Deflation:** When taking a reading, deflate the cuff slowly (2-3 mmHg per second) to ensure accurate measurement of systolic and diastolic pressures.
- **Environmental Factors:** Measure blood pressure in a quiet environment, at a comfortable room temperature. Avoid talking or moving during measurement.
- **Rest Before Measurement:** Rest for at least 5 minutes before taking a blood pressure reading.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

3. COMPONENTS

The Omron HEM-18 Home Manual Blood Pressure Kit includes the following components:

- Blood Pressure Cuff with integrated Stethoscope
- Inflation Bulb with Air Release Valve
- Analog Manometer (Gauge)

- Instruction Manual
- Blood Pressure Record Chart



Figure 1: Overview of the Omron HEM-18 Home Manual Blood Pressure Kit components, including the cuff, stethoscope, and gauge.

4. SETUP

Before taking your first measurement, ensure all components are correctly assembled and ready for use.

1. **Unpack Components:** Carefully remove all items from the packaging.
2. **Inspect Device:** Check the cuff, tubing, stethoscope, and manometer for any visible damage. Do not use the device if any part is damaged.
3. **Familiarize Yourself:** Identify the inflation bulb, air release valve, manometer (gauge), and stethoscope earpieces and diaphragm.

5. OPERATING INSTRUCTIONS

Follow these steps for accurate blood pressure measurement:

Preparation for Measurement

- Sit comfortably in a chair with your back supported and feet flat on the floor.
- Rest your arm on a table so the cuff will be at heart level.
- Ensure you have rested for at least 5 minutes before taking a reading. Avoid caffeine, alcohol, and smoking for 30 minutes prior.
- Remove any tight-fitting clothing from your upper arm.

Applying the Cuff and Stethoscope

1. **Position the Cuff:** Wrap the cuff snugly around your bare upper arm, approximately 1 inch (2-3 cm) above the elbow joint. The artery mark on the cuff should be aligned with your brachial artery (on the inside of your arm).
2. **Secure the Cuff:** Fasten the cuff securely using the hook-and-loop closure. It should be tight enough so that two fingers can barely fit underneath.
3. **Place Stethoscope:** Insert the stethoscope earpieces into your ears. Place the diaphragm (the flat part) of the stethoscope over the brachial artery, just below the cuff's lower edge. Ensure the stethoscope tubes are not rubbing against each other or clothing, as this can create noise.



Figure 2: Illustration of correct cuff placement on the upper arm, with the stethoscope diaphragm positioned over the brachial artery.

Taking a Measurement

1. **Close Air Valve:** Turn the screw on the air release valve clockwise until it is fully closed.
2. **Inflate Cuff:** Rapidly squeeze the inflation bulb to inflate the cuff. Inflate to approximately 20-30 mmHg above your usual systolic pressure, or until you no longer hear a pulse sound through the stethoscope. Do not over-inflate.
3. **Slow Deflation:** Slowly open the air release valve by turning it counter-clockwise, allowing the pressure to drop at a rate of 2-3 mmHg per second.
4. **Identify Systolic Pressure:** Listen carefully through the stethoscope. The first faint, rhythmic tapping sound you hear is your **systolic blood pressure**. Note the reading on the manometer at this point.
5. **Identify Diastolic Pressure:** Continue to listen as the pressure drops. The point at which the tapping sounds disappear or become very muffled is your **diastolic blood pressure**. Note this reading.
6. **Complete Deflation:** Once the sounds have disappeared, quickly open the air release valve fully to deflate the cuff completely.
7. **Record Readings:** Record your systolic and diastolic pressures immediately on the provided record chart.

Note: If you are unsure of your technique, it is recommended to have a healthcare professional demonstrate the proper method.

6. MAINTENANCE

Proper care and maintenance will ensure the longevity and accuracy of your blood pressure kit.

- **Cleaning the Cuff:** Wipe the cuff with a soft, damp cloth and mild soap. Do not immerse the cuff in water. Allow it to air dry completely before storage.
- **Cleaning the Stethoscope and Gauge:** Wipe the stethoscope diaphragm, earpieces, and the manometer with a soft cloth dampened with alcohol or a mild disinfectant.
- **Storage:** Store the blood pressure kit in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity. Avoid folding the tubing tightly.
- **Calibration:** Manual blood pressure monitors should be calibrated periodically to ensure accuracy. Consult Omron customer support for calibration services.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Inaccurate Readings	Incorrect cuff size Improper cuff placement Rapid cuff deflation Movement or talking during measurement Stethoscope not positioned correctly	Ensure cuff fits arm circumference (medium cuff for up to 13 inches). Re-read "Applying the Cuff and Stethoscope" section. Deflate cuff at 2-3 mmHg per second. Remain still and silent during measurement. Reposition stethoscope diaphragm directly over the brachial artery.
Difficulty hearing pulse sounds	Stethoscope earpieces uncomfortable or poorly fitted Stethoscope diaphragm not placed correctly External noise interference	Adjust earpieces for comfort and seal. Ensure diaphragm is firmly on the skin over the artery. Measure in a quiet room.
Tube noise from stethoscope	Stethoscope tubes rubbing together or against clothing/surfaces.	Carefully position the stethoscope to prevent tubes from touching. Remain still.
Air release valve too fast/slow or difficult to control	Valve mechanism wear or defect.	If the valve is consistently difficult to control, contact Omron customer support for assistance or replacement.

8. SPECIFICATIONS

- **Model:** HEM-18
- **Display Type:** Analog
- **Cuff Size:** Medium (fits arm circumference up to 13 inches)
- **Included Components:** Cuff, Instruction Manual, Stethoscope

- **Product Dimensions:** 7.6"L x 4.9"W x 3"Th
- **Item Weight:** 1.12 Pounds
- **Age Range:** Adult

9. WARRANTY AND SUPPORT

Manufacturer Warranty: The Omron HEM-18 Home Manual Blood Pressure Kit comes with a **1-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. For warranty claims, technical support, or inquiries regarding your device, please contact Omron customer service. Refer to the contact information provided in your product packaging or visit the official Omron website.

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Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question