

[Manuals.plus](#) /

› [Omron](#) /

› Omron 5 Series Upper Arm Blood Pressure Monitor Instruction Manual

Omron BP742N

Omron 5 Series Upper Arm Blood Pressure Monitor

Model: BP742N

INTRODUCTION

The Omron 5 Series Upper Arm Blood Pressure Monitor is designed for accurate and consistent home blood pressure monitoring. This device features advanced accuracy technology, dual user profiles, and memory storage for up to 100 readings, making it a reliable tool for tracking your cardiovascular health.



Image: The Omron 5 Series Blood Pressure Monitor, showing the main unit and the arm cuff.

IMPORTANT SAFETY INFORMATION

Please read this instruction manual thoroughly before using the unit. For specific information about your own blood pressure, consult your physician. Self-diagnosis and treatment based on measured results may be dangerous.

- Do not use this device for any purpose other than measuring blood pressure.
- Consult your physician before using this device if you have any of the following conditions: severe blood flow problems or blood disorders, diabetes, kidney disease, or if you have had a stroke.
- Do not use this device on an injured arm or an arm under medical treatment.
- Blood pressure varies constantly due to many factors including stress, time of day, and how you wrap the cuff.

PACKAGE CONTENTS

- One Blood Pressure Monitor Unit

- One Wide Range, Contoured Soft Cuff (fits 9 to 17 inches arm circumference)
- Quick Start Guide
- Instruction Manual
- 4 AA Batteries



Image: The Omron 5 Series Blood Pressure Monitor with its packaging, highlighting key features and components.

SETUP

Battery Installation

1. Open the battery compartment cover on the back of the monitor.
2. Insert the 4 AA batteries provided, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

Cuff Placement

1. Sit in a chair with your feet flat on the floor.
2. Place the cuff on your left upper arm, approximately 1-2 cm (0.5-1 inch) above your elbow.
3. Ensure the air tube is centered on the inside of your arm and runs down your middle finger.
4. Wrap the cuff snugly around your arm, making sure it is not too tight or too loose. You should be able to insert one finger comfortably between the cuff and your arm.
5. Rest your arm on a table or flat surface so the cuff is at heart level.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Ensure the cuff is correctly placed on your arm.
2. Select your user profile (User 1 or User 2) using the user selection switch.
3. Press the **START/STOP** button. The cuff will begin to inflate.
4. Remain still and do not talk during the measurement.
5. Once the measurement is complete, the cuff will deflate, and your systolic, diastolic, and pulse readings will be displayed on the screen.
6. The device will automatically store the reading with a date and time stamp.

User Profiles and Memory

The Omron 5 Series monitor supports two users, each capable of storing up to 50 readings (100 readings total). This allows individuals to track their personal blood pressure trends over time.

- **Selecting a User:** Use the user selection switch (labeled with person icons) to toggle between User 1 and User 2 before taking a measurement.
- **Reviewing Readings:** Press the **Memory** button (icon resembling a document) to view stored readings. Use the arrow buttons (< and >) to navigate through previous measurements.
- **Average of Readings:** The monitor can display the average of your last 3 readings taken within 10 minutes. Refer to the quick start guide for specific instructions on accessing this feature.
- **Irregular Heartbeat Detection:** The device includes an irregular heartbeat detection feature, which will display an icon if an irregular rhythm is detected during measurement.

MAINTENANCE

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive or volatile cleaners.
- **Storage:** Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and humidity. Keep it out of reach of children.
- **Battery Replacement:** Replace all 4 AA batteries when the low battery indicator appears on the display.

TROUBLESHOOTING

If you encounter issues with your Omron 5 Series Blood Pressure Monitor, please refer to the following common solutions:

- **Inaccurate Readings:** Ensure the cuff is correctly placed and snug, your arm is at heart level, and you remain still and quiet during measurement. Avoid taking measurements immediately after exercise, bathing, or consuming caffeine/alcohol.

- **Device Not Turning On:** Check battery polarity and ensure batteries are not depleted. Replace batteries if necessary.
- **Cuff Not Inflating:** Verify that the air plug is securely inserted into the monitor's air jack. Check for any kinks or blockages in the air tube.
- **Error Codes:** Consult the full instruction manual for a comprehensive list of error codes and their corresponding solutions.

SPECIFICATIONS

Feature	Detail
Model Number	BP742N
Power Source	4 AA Batteries (included)
Cuff Circumference	9 to 17 inches (22-42 cm)
Memory	100 readings (50 per user) with date/time stamps
Dimensions (L x W x Th)	4.5" x 3.75" x 9"
Item Weight	1.31 Pounds
Manufacturer	Omron Healthcare, Inc.

WARRANTY AND SUPPORT

Omron Healthcare, Inc. provides a limited warranty for this product. For detailed warranty information, please refer to the full instruction manual or contact Omron customer support.

- **User Manual (PDF):** [Download Full User Manual](#)
- **User Guide (PDF):** [Download User Guide](#)
- **Manufacturer Contact:** For further assistance, contact Omron Healthcare, Inc. customer service.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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