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› **Omron Blood Pressure Cuff HEM-RML31 Instruction Manual**

## Omron HEM-RML31

### Omron Blood Pressure Cuff HEM-RML31 Instruction Manual

Model: HEM-RML31

Brand: Omron

## INTRODUCTION

This manual provides essential instructions for the proper use and maintenance of your Omron Blood Pressure Cuff HEM-RML31. This cuff is designed for use with compatible Omron BP monitors to accurately measure blood pressure. It is a wide-range comfit cuff suitable for various arm sizes.

## PRODUCT OVERVIEW



Figure 1: Omron Blood Pressure Cuff HEM-RML31. This image shows the main cuff unit with its attached air tube and connector.

The Omron Blood Pressure Cuff HEM-RML31 is a preformed, expandable arm cuff designed for comfort and accuracy. It is compatible only with Omron 7 and 10 Series Advanced blood pressure monitors. The cuff fits arm circumferences ranging from 9 to 17 inches (22-42 cm).

- **Compatibility:** Compatible only with Omron 7 and 10 Series Advanced blood pressure monitors. Not compatible with older HEM series models.
- **Arm Size:** Preformed expandable firm arm cuff fits arms 9-17 inches (22-42 cm).

- **Components:** Includes the cuff and necessary air tube with connector.

## SETUP INSTRUCTIONS

1. **Unpack Components:** Carefully remove the blood pressure cuff from its packaging. Ensure all components, including the cuff and the air tube with its connector, are present and undamaged.
2. **Identify Connector:** The cuff comes with a blue connector at the end of its air tube. This connector is designed to securely fit into the air jack of your compatible Omron blood pressure monitor.



Figure 2: Close-up of the blue connector on the cuff's air tube. This connector ensures a secure fit with the monitor.

3. **Connect Cuff to Monitor:** Insert the blue connector firmly into the air jack located on the side of your Omron blood pressure monitor. Ensure it is fully seated to prevent air leakage during measurement.
4. **Prepare for Measurement:** Before placing the cuff on your arm, ensure the monitor is placed on a stable surface at heart level.

## OPERATING INSTRUCTIONS

### 1. Positioning the Cuff:

- Slide your arm through the cuff loop. The air tube should run down the inside of your arm.
- Position the cuff so that the bottom edge is 1-2 cm (0.5-1 inch) above your elbow. The air tube should be centered on the inside of your arm, aligned with your middle finger.
- Ensure the cuff is snug but not too tight. You should be able to insert two fingers comfortably between the cuff and your arm.

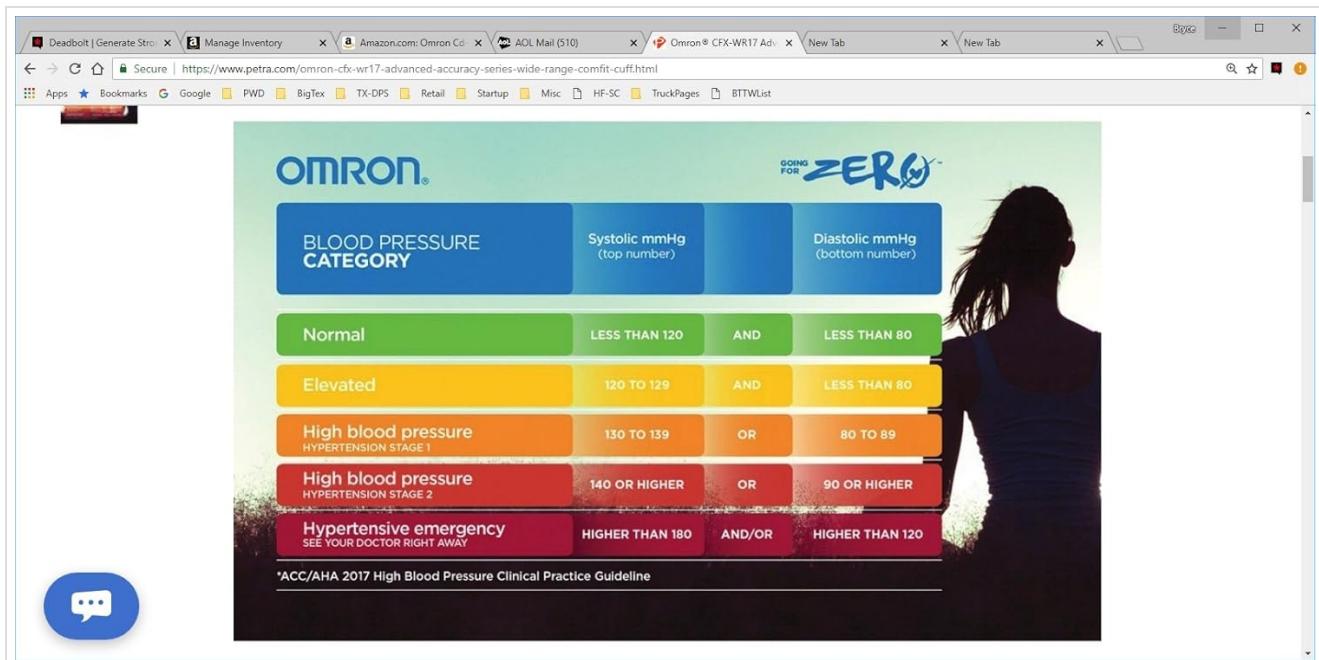


Figure 3: Proper placement of the Omron blood pressure cuff on the upper arm. The cuff is positioned above the elbow with the tube aligned correctly.

### 2. Taking a Measurement:

- Sit upright with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart

level.

- Press the "START/STOP" button on your Omron blood pressure monitor. The cuff will begin to inflate automatically.
- Remain still and do not talk during the measurement.
- Once the measurement is complete, the cuff will deflate, and your systolic, diastolic, and pulse readings will be displayed on the monitor's screen.

**3. Reviewing Past Readings:** Your Omron monitor typically stores past readings. Consult your specific monitor's manual for instructions on how to access and review stored data.

## MAINTENANCE

- **Cleaning:** Wipe the cuff and monitor with a soft, dry cloth. For stubborn dirt, use a cloth dampened with water and a mild soap, then wipe dry. Do not immerse the cuff or monitor in water.
- **Storage:** Store the cuff and monitor in a clean, dry place away from direct sunlight, extreme temperatures, and humidity. Avoid folding the air tube sharply or placing heavy objects on the cuff.
- **Cuff Longevity:** Regular daily use may lead to wear and tear on the cuff, particularly the Velcro fasteners. Consider having a backup cuff for extended use.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor displays "E1" or "E2" error.	Cuff not properly attached or air leakage; arm not in cuff.	Ensure the blue connector is securely inserted into the monitor. Verify the cuff is correctly placed on your arm and sealed. If the issue persists, check for any punctures or damage to the cuff or air tube.
Cuff does not inflate or inflates weakly.	Loose connection, damaged air tube/cuff, or low monitor battery.	Check all connections. Inspect the air tube and cuff for visible damage or leaks. Replace monitor batteries if necessary.
Inaccurate readings.	Incorrect cuff placement, movement during measurement, or improper arm size.	Review "Operating Instructions" for proper cuff placement. Remain still and quiet during measurement. Ensure your arm circumference falls within the 9-17 inch range for this cuff.
Connector does not fit monitor.	Incompatible monitor model.	This cuff (HEM-RML31) is compatible only with Omron 7 and 10 Series Advanced monitors. Verify your monitor's model number. If incompatible, you may need to use the original connector from your previous cuff if it fits, or acquire a compatible cuff.

## SPECIFICATIONS

**Model Name:** HEM-RML31

**Brand:** Omron

**Product Dimensions:** 13.5" L x 10.2" W x 8.5" Th

**Band Size:** 9-17 Inches (22-42 cm)

**Use For:** Arm

**Included Components:** Cuff

**Manufacturer:** Omron

**UPC:** 073796210236

**ASIN:** B00P6SATT8

## WARRANTY AND SUPPORT

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Specific warranty details for the Omron Blood Pressure Cuff HEM-RML31 are typically provided with the product packaging or can be found on the official Omron website. For technical support, product inquiries, or warranty claims, please refer to the contact information provided by Omron Healthcare Co. Ltd. on their official channels.

## IMPORTANT SAFETY INFORMATION

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- Do not use this cuff with non-compatible Omron blood pressure monitors.
- Do not attempt to repair or modify the cuff or its components. Refer to qualified personnel for service.
- Keep out of reach of children and pets.
- Consult your physician for interpretation of blood pressure readings and before making any medical decisions.

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