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> [OMRON Iron Upper Arm Blood Pressure Monitor - Clinically Validated Blood Pressure Cuff - Medical Grade with Wide Range 17" Arm Cuff Instruction Manual](#)

Omron BP5000

OMRON Iron Upper Arm Blood Pressure Monitor - Instruction Manual

Model: BP5000



Image: OMRON Iron Upper Arm Blood Pressure Monitor with cuff.

1. PRODUCT OVERVIEW

The OMRON Iron Blood Pressure Monitor is designed for easy and reliable blood pressure measurement for a single user. It features a one-touch design and a user-friendly display, making it simple to operate.

Key features include:

- Simple one-touch operation for fast, easy measurements.
- Detection of irregular heartbeats, providing critical information for heart health.
- Body movement detection to alert users when motion may affect reading accuracy.
- Soft, contoured wide-range D-ring cuff designed for comfortable and secure fit on adult upper arms from 9" to 17" in circumference.

- Automatic storage of the last reading for easy health tracking.

Overview

— Get quick and easy blood pressure readings with the OMRON Iron upper arm blood pressure monitor

The OMRON Iron monitor is designed for one user and features a streamlined display with one-touch operation for quick and easy measurements.

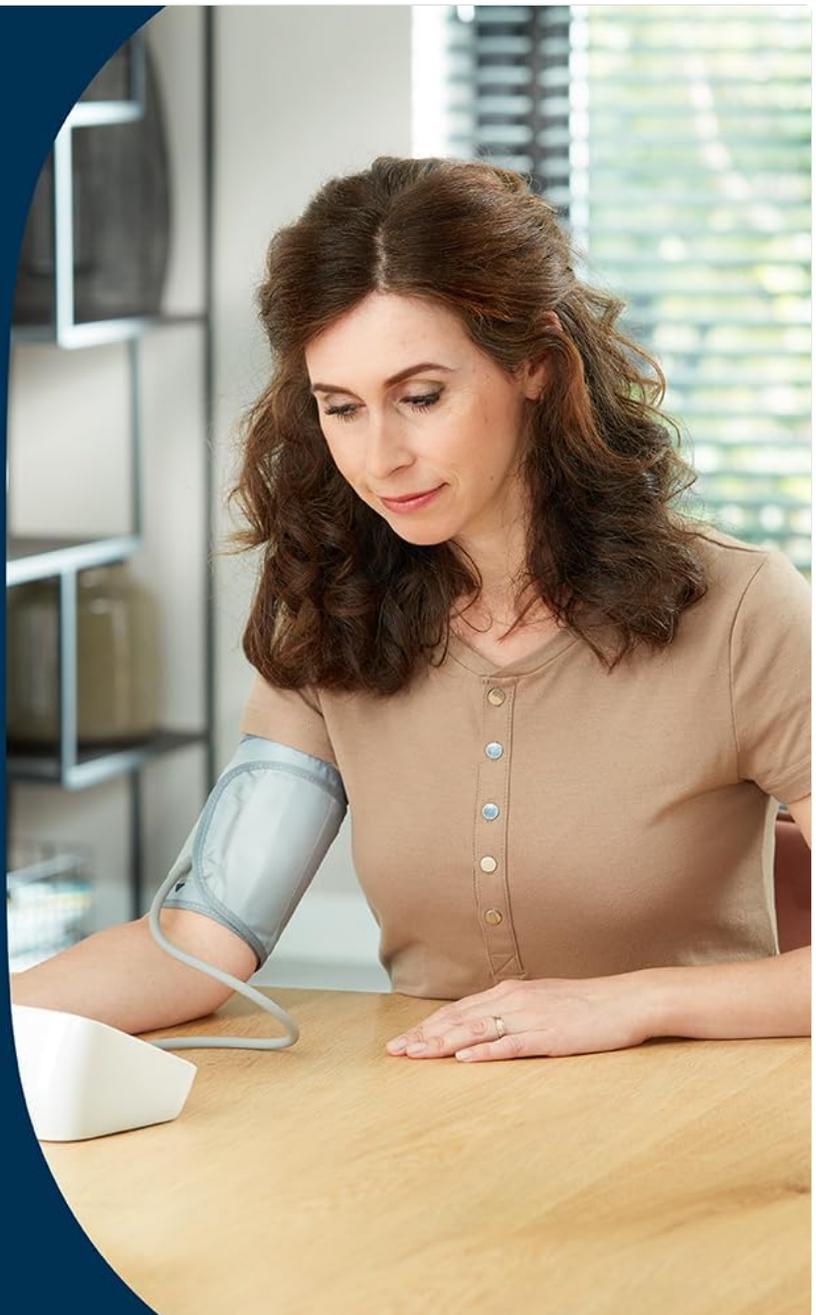


Image: Overview of the OMRON Iron monitor highlighting quick and easy readings.

2. SETUP AND PREPARATION

2.1 Battery Installation

The OMRON Iron Blood Pressure Monitor requires 4 AA batteries (not included). To install:

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

2.2 Cuff Placement

Proper cuff placement is crucial for accurate readings. The soft, contoured D-ring cuff fits adult upper arms ranging from 9" to 17" in circumference.

1. Ensure the air tube is securely connected to the monitor.

2. Slide your arm through the cuff loop. The bottom edge of the cuff should be 1-2 cm (0.5-1 inch) above your elbow.
3. Align the air tube with the center of your inner arm.
4. Wrap the cuff snugly around your upper arm. It should be firm but not too tight.

Features

Cuff Design

Includes a wide-range D-ring cuff, featuring a contoured design for a more comfortable fit and measurement. Fits adult upper arms 9" to 17" in circumference.



Image: Illustration of proper cuff placement on the upper arm.

2.3 Positioning for Accurate Readings

To ensure the most accurate measurement:

- Find a quiet place to rest for 5-15 minutes before taking your measurement.
- Sit in a chair with your back straight and feet flat on the floor.
- Rest your arm on a surface so the cuff is at heart level.
- Avoid taking measurements during stressful times.
- It is recommended to take measurements at the same times each day, preferably in the morning and evening.

3 Easy Tips for Getting an Accurate Blood Pressure Reading at Home

1

Find a quiet place to rest for 5–15 minutes before taking your measurement

2

Sit in a chair with your back straight and feet flat on the floor

3

Apply the cuff snugly on your upper arm, and rest your arm on a surface so the cuff is at heart level

Image: Visual guide for optimal body and arm positioning during measurement.

3. OPERATING INSTRUCTIONS

3.1 Taking a Measurement

1. Once the cuff is correctly placed and you are in the proper position, press the large **START/STOP** button.
2. The cuff will begin to inflate automatically. Remain still and do not talk during the measurement.
3. Once the measurement is complete, the cuff will deflate, and your Systolic, Diastolic, and Pulse readings will be displayed on the screen.

3.2 Irregular Heartbeat and Body Movement Detection

The monitor is equipped with advanced features to ensure accuracy and provide important health insights:

- **Irregular Heartbeat Detection:** If an irregular heartbeat is detected during the measurement, an indicator will appear on the display. This critical information can be shared with your doctor.
- **Body Movement Detection:** If significant body movement occurs during the measurement, an alert will be displayed, indicating that the accuracy of the reading may be affected. It is recommended to retake the measurement if this occurs.

Features

Irregular Heartbeat Detection

Receive an alert when your heart beats irregularly, which is vital information to track and share with your doctor.

Body Movement Detection

Receive an alert if body movements are detected during your measurement.



Image: Display showing indicators for irregular heartbeat and body movement detection.

3.3 Memory Function

The OMRON Iron monitor automatically stores your last reading. This allows for easy tracking of your health over time without manual recording. To view past readings, press the memory button (often indicated by a small person icon or a scroll icon) on the device.

4. MAINTENANCE AND CARE

To ensure the longevity and accuracy of your OMRON Blood Pressure Monitor:

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

- **Inspection:** Regularly inspect the cuff and air tube for any signs of damage or wear. If damage is found, contact customer support for replacement parts.

5. TROUBLESHOOTING

If you encounter issues with your OMRON Blood Pressure Monitor, refer to the following common solutions:

- **No Display/Unit Not Turning On:** Check if batteries are installed correctly and have sufficient charge. Replace batteries if necessary.
- **Inaccurate Readings:** Ensure proper cuff placement and arm positioning (at heart level, relaxed). Avoid talking or moving during measurement. Rest for 5-15 minutes before taking a reading.
- **Cuff Not Inflating/Deflating Properly:** Check that the air tube is securely connected to both the monitor and the cuff. Ensure the cuff is not damaged.
- **Irregular Heartbeat Indicator Appears Frequently:** Consult your physician. This monitor detects irregular heartbeats but does not diagnose heart conditions.
- **Error Messages:** Refer to the full Instructions for Use (IFU) PDF document for specific error code explanations and solutions.

6. SPECIFICATIONS

Specification	Detail
Product Dimensions	5.5 x 3.3 x 4.3 inches
Item Weight	8.82 ounces (250 Grams)
Model Number	BP5000
Batteries Required	4 AA batteries
Cuff Size Range	9"–17" (22-42 cm)
Display Type	LCD
Manufacturer	Omron
Country of Origin	Vietnam

7. IMPORTANT SAFETY INFORMATION

Please read and understand all safety information before using this device:

- Intended for adult use only.
- Not intended for use when pregnant, in ambulatory environments, or in aircraft.
- Stress can affect blood pressure readings. Avoid taking measurements during stressful times.
- A single measurement does not provide an accurate indication of your true blood pressure. It is recommended to take and record several readings over a period of time.
- Consult your physician for interpretation of blood pressure readings and any health concerns.

8. WARRANTY AND SUPPORT

The OMRON Iron Upper Arm Blood Pressure Monitor comes with a two-year warranty.

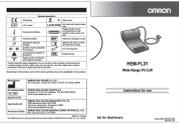
For detailed instructions, troubleshooting, or warranty claims, please refer to the official Instructions for Use (IFU) PDF document available for download:

[Download Instructions for Use \(IFU\) PDF](#)

You can also visit the [Omron Store on Amazon](#) for additional product information and support.



Related Documents - BP5000

	<p>OMRON HEM-FL31 Wide Range Fit Cuff Instructions for Use</p> <p>This document provides instructions for using the OMRON HEM-FL31 Wide Range Fit Cuff, including setup, usage, maintenance, and specifications. It also explains various symbols found on OMRON products.</p>
	<p>OMRON HEM-FL31 Wide Range Fit Cuff: Instructions and Specifications</p> <p>Comprehensive guide to using and maintaining the OMRON HEM-FL31 Wide Range Fit Cuff, including detailed specifications and symbol explanations for blood pressure monitoring.</p>
	<p>OMRON Intelli Wrap™ Cuff HEM-FL31 Type B: Instruction for Use</p> <p>Comprehensive instructions for the OMRON Intelli Wrap™ Cuff HEM-FL31 Type B, detailing safety warnings, application steps, maintenance guidelines, and technical specifications for blood pressure monitoring.</p>
	<p>OMRON HEM-RML31 Wide Range Soft Cuff Instructions for Use</p> <p>This document provides instructions for using the OMRON HEM-RML31 Wide Range Soft Cuff with OMRON blood pressure monitors. It includes information on symbols, application, maintenance, and specifications.</p>
	<p>OMRON HEM-FL31 Wide Range Fit Cuff Instructions for Use</p> <p>This document provides instructions for using the OMRON HEM-FL31 Wide Range Fit Cuff, including setup, maintenance, and specifications. It details how to apply the cuff for accurate blood pressure measurement.</p>
	<p>OMRON Easy Wrap ComFit Cuff HEM-FL31-B: User Manual and Instructions</p> <p>This document provides instructions for the OMRON Easy Wrap ComFit Cuff (HEM-FL31-B), including safety information, usage guidelines, maintenance, specifications, and warranty details for blood pressure monitoring.</p>