

OMRON

Blood Pressure Monitor

Model BP3300T
Instruction Manual



3293795-5A

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Introduction

Thank you for purchasing the OMRON BP3300T Blood Pressure Monitor. This monitor can be used by multiple users. The blood pressure monitor uses the oscillometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

Safety Instructions

This instruction manual provides you with important information about the OMRON BP3300T Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. If you do not understand these instructions or have any questions, contact your Telehealth service provider or contact OMRON at 1-800-534-4350 before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.

Intended Use

The device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population. The device detects the appearance of irregular heartbeats during measurement and gives a warning signal with sounds.

Environments of Use:
Home
Patient Population: Adult

Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components is damaged, DO NOT USE and contact your Telehealth service provider or contact OMRON at 1-800-534-4350.

Symbols Glossary

For symbol information, visit:
OMRONHealthcare.com/symbols/glossary

Contraindications

This monitor is contraindicated for use in ambulatory environments. This monitor is contraindicated for use on infants.

Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor.

Follow this instruction manual thoroughly for your safety. Keep for future reference. For specific information about your own blood pressure, CONSULT WITH YOUR PHYSICIAN.

Warning

Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.
- 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.
- DO NOT use this monitor on an injured arm or an arm under medical treatment.
- DO NOT apply the arm cuff on your arm while on an intravenous blood transfusion.
- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT use this monitor in oxygen rich environments or near flammable gas.
- Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- To help avoid strangulation, keep the air tube and AC adapter cable away from infants, toddlers and children.
- This product contains small parts that may cause a choking hazard if swallowed by infants, toddlers and children.

Data Transmission

- This product emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as on an aircraft or in hospitals. Turn off the Bluetooth® feature in this monitor, remove batteries and/or unplug the AC adapter when RF restricted areas. For further information on potential restrictions refer to documentation on the Bluetooth usage by the FCC/ISED.
- AC Adapter (optional accessory) Handling and Usage
 - DO NOT use the AC adapter if this monitor or the AC adapter cable is damaged. If this monitor or the cable is damaged, turn off the power and unplug the AC adapter immediately.
 - Plug the AC adapter into the appropriate voltage outlet. DO NOT use in a multi-outlet plug.
 - NEVER plug in or unplug the AC adapter from the electric outlet with wet hands.
 - DO NOT disassemble or attempt to repair the AC adapter.
- Battery Handling and Usage
 - Keep batteries out of the reach of infants, toddlers and children.

Caution

- Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient, or cause damage to the equipment or other property.
- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.
- Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arterio-venous (AV) shunt, is present because of temporary interference to blood flow which could result in injury.
- Consult with your physician before using this monitor if you have had a mastectomy.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- DO NOT take measurements more often than necessary because bruising, due to blood flow interference, may occur.
- ONLY inflate the arm cuff when it is applied on your upper arm.
- Remove the arm cuff if it does not start deflating during a measurement.
- DO NOT use this monitor for any purpose other than measuring blood pressure.
- During measurement, make sure that no mobile device or any other electrical device that emits electromagnetic fields is within 12 inches (30 cm) of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- DO NOT use this monitor in places with high or low humidity or high or low temperature. Refer to section 10.
- During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.
- DO NOT use this monitor in high-use environments such as medical clinics or physician offices.
- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the devices and/or cause an inaccurate reading.
- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Remove tight-fitting or thick clothing from your arm while taking a measurement.
- Remain still and DO NOT talk while taking a measurement.
- ONLY use the arm cuff on persons whose arm circumference is within the specified range of the cuff.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading.
- OMRON recommends waiting for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information on operating and storage/transport temperature, refer to section 10.
- DO NOT use this monitor after the durability period has ended. Refer to section 10.
- DO NOT create the arm cuff or the air tube excessively.
- DO NOT fold or kink the air tube while taking a measurement. This may cause an injury by interrupting blood flow.
- To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.
- ONLY use the AC adapter, arm cuff, batteries and accessories specified for this monitor. Use of unsanitized AC adapters, arm cuffs and batteries may damage and/or may be hazardous to this monitor.
- ONLY use the approved arm cuff for this monitor. Use of other arm cuffs may result in incorrect readings.
- Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied. NOTE: refer to "If your systolic pressure is more than 210 mmHg" in section 3 of this instruction manual for additional information.

Data Transmission

- DO NOT replace batteries or unplug the AC adapter while your readings are being transferred to the Telehealth service receiver. This may result in incorrect operation of this monitor and failure to transfer your blood pressure data.
- AC Adapter (optional accessory) Handling and Usage
 - Fully insert the AC adapter into the outlet.
 - When unplugging the AC adapter from the outlet, be sure to safely pull from the AC adapter. DO NOT pull from the AC adapter cable.
 - When handling the AC adapter cable:
 - DO NOT damage it.
 - DO NOT break it.
 - DO NOT tamper with it.
 - DO NOT forcibly bend or pull it.
 - DO NOT twist it.
 - DO NOT use it if it is gathered in a bundle.
 - DO NOT pinch it.
 - DO NOT place it under heavy objects.
 - Wipe any dust off of the AC adapter.
 - Unplug the AC adapter when not in use.

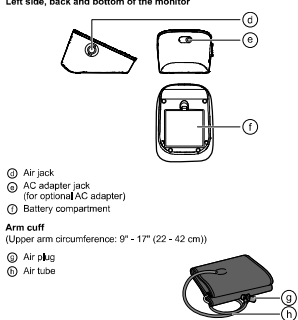
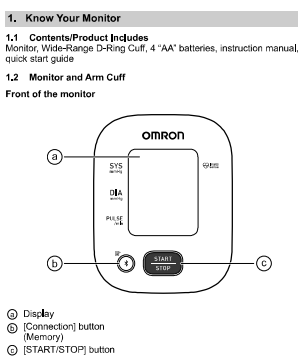
1. Know Your Monitor

1.1 Contents/Product Includes

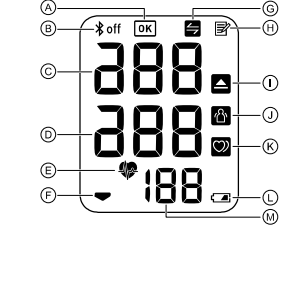
Monitor, Wide-Range D-Ring Cuff, 4 "AA" batteries, instruction manual, quick start guide

1.2 Monitor and Arm Cuff

Front of the monitor



1.3 Display and Symbols



A	OK symbol Flashes when your monitor is connected to the Telehealth service receiver successfully.
B	Bluetooth ON symbol Appears when your readings are being transferred.
C	Bluetooth OFF symbol Appears when Bluetooth is disabled.
D	Systolic blood pressure reading
E	Diastolic blood pressure reading
F	Heartbeat symbol Flashes while taking a measurement.
G	Deflation symbol Appears during cuff deflation.
H	Sync symbol Flashes: the stored memory is almost full. Appears: the stored memory is completely full.
I	High systolic Appears if your systolic blood pressure is ≥ 130 mmHg or the diastolic blood pressure is ≥ 90 mmHg. Refer to sub-section 1.5 for more information.
J	Movement error symbol Appears with your reading when your body is moving during a measurement. If it appears, remove the arm cuff and wait for 2 to 3 minutes. Then, reapply the cuff, remain still and take another measurement.
K	Irregular heartbeat symbol Appears when irregular rhythm is detected 2 or more times during a measurement. An irregular heartbeat rhythm is defined as a rhythm that is 25% less or 25% more than the average rhythm detected when your monitor is measuring blood pressure. Irregular heartbeat symbol may be displayed when the monitor detects arm movements. Refer to section 7 for more information. If it continues to appear, we recommend you to consult with and follow the directions of your physician.
L	Low battery symbol Flashes when batteries are low.
M	Depleted battery symbol Appears when batteries are depleted.
N	Pulse display / Memory number Pulse rate appears after the measurement. When pressing the START/STOP button, the memory number appears for approximately 1.5 seconds before the pulse rate shows again on the display.

1.4 Wireless Function

Before use, thoroughly read the instruction manual included with the Telehealth service receiver (in some cases, receiver may be your smart device) being used with this blood pressure monitor. For instructions about your monitor connecting to the Telehealth service receiver, and receiver transmission range. It will be necessary for the blood pressure monitor to be within the receiver's transmission range to successfully transfer data. This OMRON blood pressure monitor is designed to connect to specific Bluetooth devices and Telehealth service receivers. OMRON Healthcare, Inc. shall not be liable for loss of use or other specific, incidental, consequential or indirect costs, expenses or damages due to improper usage of this monitor.

1.5 Classification of BP (Blood Pressure)

ACC/AHA 2017 Hypertension guidelines define categories of BP in adults as below.

BP Category	Systolic BP	Diastolic BP
Normal	< 120 mmHg	< 80 mmHg
Elevated	120 - 129 mmHg	< 80 mmHg
Hypertension		
Stage 1	130 - 139 mmHg	80 - 89 mmHg
Stage 2	≥ 140 mmHg	≥ 90 mmHg

* Individuals with Systolic BP and Diastolic BP in 2 categories should be designated to the higher BP category.
BP indicates blood pressure (based on an average of 2 careful readings obtained on 2 occasions).
Source: ACC/AHA 2017 High Blood Pressure Clinical Practice Guideline

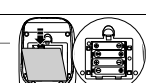
Warning

NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.

2. Preparation

2.1 Installing Batteries

- Remove the battery cover.



- Insert 4 "AA" batteries as indicated in the battery compartment.

- Close the battery cover.

Note

- When the "CB" symbol flashes on the display, it is recommended you replace batteries.
- To replace batteries, turn your monitor off and remove all batteries. Then replace with 4 new batteries at the same time.
- Replacing batteries will not delete previous readings.
- The supplied batteries may have a shorter life span than new batteries.
- Dispose of used batteries should be carried out in accordance with local regulations.

2.2 Blood Pressure Measurement Tips

- To help ensure an accurate reading, follow these directions:
 - Stress raises blood pressure. Avoid taking measurements during stressful times.
 - Measurements should be taken in a quiet place.
 - It is important to take measurements at the same times each day. Taking measurements in the morning and in the evening is recommended.
 - Remember to have 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.

1. Caution

- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.

2.3 Applying the Arm Cuff

Note

- The following steps are for applying the arm cuff to your left arm. When you take a measurement on your right arm, follow the cuff wrap instructions for a right arm use mentioned under "To take a measurement on your right arm" located at the end of this subsection.
- The blood pressure can differ between the right arm and the left arm, and the measured blood pressure readings can be different. OMRON recommends to always use the same arm for measurement. If the readings between both arms differ substantially, check with your physician to determine as to which arm to use for your measurements.

1. Caution

- Remove tight-fitting or thick clothing from your arm while taking a measurement.

- Plug the arm cuff into your monitor by inserting the air plug into the air jack securely until it clicks.

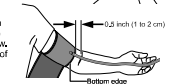


- Place your hand through the cuff loop. Pull the cuff until it reaches your upper left arm.



Note

- The bottom edge of the arm cuff should be 0.5 inch (1 to 2 cm) above the inside elbow. The air tube is on the inside of your arm and aligned with your middle finger.



- Make sure that the air tube is positioned on the inside of your arm and wrap the cuff securely, so it can not move around your arm.



- To take a measurement on your right arm

When you take a measurement on your right arm, the air tube should run along the side of your elbow, along the bottom of your arm. Be careful not to rest your arm on the air tube.



2.4 Sitting Correctly

- To take a measurement, you need to be relaxed and comfortably seated in a room with a comfortable temperature. Place your arm on the table.
- Sit in a comfortable chair with your back and arm supported.
- Keep your feet flat and your legs uncrossed.
- The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table.



3. Using Your Monitor without a Telehealth Service Receiver

3.1 Taking a Measurement

You can use your monitor without pairing to a Telehealth service receiver. To pair your monitor with a receiver, refer to sub-section 4.1.

Note

- To stop the measurement, press the [START/STOP] button once to deflate the arm cuff.
- This device tracks readings for one user. If you are sharing with another, please manually track your readings separately.

1. Caution

- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the devices and/or cause an inaccurate reading.
- Remain still and DO NOT talk while taking a measurement.

- Press the [START/STOP] button. All symbols appear on the display before starting the measurement.
- Remain still and do not talk until the entire measurement process is complete. The "CB" symbol flashes at every heartbeat.

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

If either the systolic or the diastolic reading is high (refer to sub-section 1.5), the "I" symbol appears.



- Press the [START/STOP] button to turn your monitor off.

Note

- Your monitor automatically turns off after 2 minutes.
- Wait 2 - 3 minutes between measurements. The wait time allows the arteries to return to their pre-measurement state. You may need to increase the wait time depending on your individual physiological characteristics.

If your systolic pressure is more than 210 mmHg

If your systolic pressure is more than 210 mmHg, take a measurement manually. After the arm cuff starts to inflate, press and hold the [START/STOP] button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.

Note

- Do not inflate above 299 mmHg.

1. Caution

- Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied.

