

# AIRZONE PEAK FLOW METER FOR ADULT & CHILD

Item No. CLK13



## INSTRUCTIONS FOR USE

- If required, insert the mouthpiece into the meter if not already fitted. Ensure the pointer is at the bottom of the scale (nearest the mouthpiece).
- Hold the peak flow meter by the handle, ensuring that your fingers are clear of the scale and slot.
- Stand up if possible. Take a deep breath. Place the peak flow meter between the lips and hold horizontally, closing the lips around the mouthpiece. Blow as hard and as fast as you can.
- Note the number on the scale indicated by the pointer on a piece of paper. If unusual readings are obtained and meter does not appear broken – seek advice from your healthcare professional.
- Return the pointer to the bottom of the scale (nearest the mouthpiece) and repeat the procedure twice more to obtain three readings. Mark the highest of the three readings in your peak flow diary.

## CLEANING AND DISPOSAL

- Immerse in warm (not hot) mild detergent solution for 2-3 mins (max 5 mins).
- Agitate the meter to ensure thorough cleaning.
- Rinse in clean warm water and shake gently to remove any excess water.
- Allow to dry thoroughly before re-use.
- The mouthpiece is detachable and should be kept clean using a proprietary disinfectant solution.
- The Peak Flow meter can be disposed of as normal household waste.
- It does not require maintenance (other than cleaning) or calibration for the first 2 years following its first use.
- At the end of 2 years, it should be replaced.

## ACCURACY AND READINGS

- The Airzone CLK13 conforms to BS EN ISO 23747 and the National Asthma Education and Prevention Program guidelines.
- Accuracy is better than 10% or 10 L/min.
- Green Zone reading (80-100%): Medication is working, proceed with normal activities.
- Yellow Zone reading (50-80%): Use caution in your activities. Refer to your treatment plan for actions to be taken.
- Red Zone reading (less than 50%): **Medical Alert.** Seek immediate medical attention.