



Peak Flow Meter

Instructions For Use

Please read all the information in this manual before using the Peak Flow Meter.

⚠️ PRECAUTION:

1. The LifeSense Breathe Peak Flow Meter is recommended for single patient use.
2. The Peak Flow Meter should be used under the supervision of a licensed healthcare professional.
3. If the PEF is used for longer than its specified life, the accuracy of the device may deteriorate.
4. Device use should be limited to exhalation only

Note: Patients symptoms take precedence over Peak Flow Meter readings.

Setting Action Zones

Zone markers may be set with a stylus by the healthcare professional to give personal boundaries for implementing the asthma action plan.

Cleaning

Clean the outer surfaces after use. We recommend using an ordinary alcohol wipe (Alcohol 75% or IPA 70%). Pay special attention to the mouthpiece area.

Indications for Use

Device measures peak expiratory flow (PEF) for use on adults and paediatrics, 5 years and older, in primary care, clinics, hospitals and at home, under the supervision of a healthcare professional. PEF can be used to monitor progress in treatment of asthma, determine the severity of the asthma, check response to treatment during an acute asthma episode, detect worsening lung function and avoid a possible severe asthma flare-up.

Contraindications, Warnings, Cautions and Adverse Reactions

- This device is intended to help you assess how well your asthma is under control, by measuring your peak flow which can then be monitored over time.
- Never attempt to dismantle the unit. This can cause faulty Peak Expiratory Flow scores.
- If you think that the device is not reading correctly, advise your healthcare professional immediately
- Any serious incident that has occurred in relation to the device should be reported to Fleming Medical or its Authorised Representative and the Regulatory Authorities of the country.

Technical Specifications

Product:	Peak Flow Meter
Model Number:	DL-F03
Material:	ABS Plastic
Intended Use :	Measure peak expiratory flow to monitor respiratory condition.
Linearity:	The difference between the mean error at any two consecutive test flowrates shall not exceed 5 % of the larger of the two test flowrates. Under ambient conditions, the PEFM reading at any peak flowrate in the Measurement Range shall not vary by more than 10L/min or 5 % of the mean of the readings, whichever is greater.
Resistance to Flow:	The resistance to flow across the measurement range of the PEFM shall not exceed PEFM 0.36kPa/(L/s) [0.006kPa/(L/min)]
Frequency Response:	The difference between the indicated PEF value of A and B shall, for an identical reference PEF, not exceed 15L/min or 12%, whichever is greater.
Error of Measurement:	The maximum permissible error shall be 10L/min or ± 10% of the reading, whichever is greater.
Highest Resistance to Flow:	0.21kPa/(L/s) @300L/min.
Measurement Range:	60~800L/min.
Storage Conditions:	Store in a clean dry place.
Transport Conditions:	Temperature:0-50°C Relative humidity : 10%-95%
Peak Flow Meter Performance Standards:	EN ISO 23747:2015
Maximum Number of Uses:	7000 times.
Size/Weight	L155mm*W48mm*H28mm/ 55g
Package Contents:	Peak Flow Meter, Instructions for Use

Symbols meaning:

	Batch Code
	Date of Manufacture
	Warnings & Precautions
	Manufacturer Name & Address
	CE Symbol & Notify Body Number
	Single Patient, Multiple Use
	Use-By Date
	Consult the Instructions for Use
	Medical Device
	Name & Address of European Union Representative
	Unique Device Identifier
	Importer Name & Address
	Distributor Name & address

Frequently Asked Questions

Q: What is Peak Flow?

A: Peak flow measures how quickly you can blow air out of your lungs. When you're well, your peak flow score will be higher; when your airways narrow, the score will drop. This makes peak flow a valuable way to assess how open your airways are at any given time and to monitor the severity of asthma. For best results, measure your peak flow first thing in the morning and again in the evening, or as advised by your doctor. While your symptoms and daily activity matter, peak flow readings give an accurate picture of changes in your breathing.

Q: Why do I need to measure my peak flow?

A: Most people over the age of five can benefit from tracking their asthma with a peak flow meter. Regular readings can show when you need your reliever medication and how much to take. They also help your doctor see how well your asthma is controlled and decide if your treatment needs adjusting.

Q: How do I get an Action Plan?

A: Only your doctor can create the best Action Plan for you. This usually begins with an initial assessment, followed by a diagnostic phase where you record your peak flow readings for several days. Your doctor will compare these readings to your Action Plan and may adjust your treatment or plan as needed. This process may be repeated until the most effective Action Plan for you is confirmed.

Q: What is my Normal Value?

A: Your Normal Value is the highest peak flow reading you can achieve—your personal "100%" or reference point. This number is unique to you and is more useful for monitoring your asthma than general population averages.

What is a Peak Flow Meter?

A peak flow meter is a small, hand-held device used to measure how quickly you can blow air out of your lungs. It is most often used by people with asthma or other respiratory conditions to monitor lung function over time. It helps detect early signs of worsening asthma before symptoms appear, tracks long-term lung health, and helps guide treatment decisions like adjusting medication.

Understanding Your Results

If your readings often drop below your usual peak flow, it could be a sign that your asthma is getting worse. Larger differences between your morning and evening scores may also indicate worsening asthma, especially if you begin waking at night with coughing or wheezing.

Disposal

The peak flow meter and its accessories constitute minimally soiled waste from human healthcare and should be disposed of in line with local requirements.

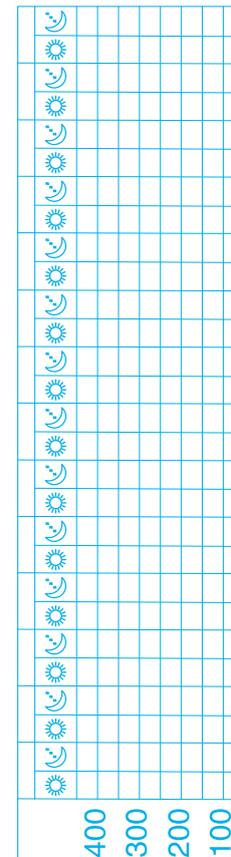
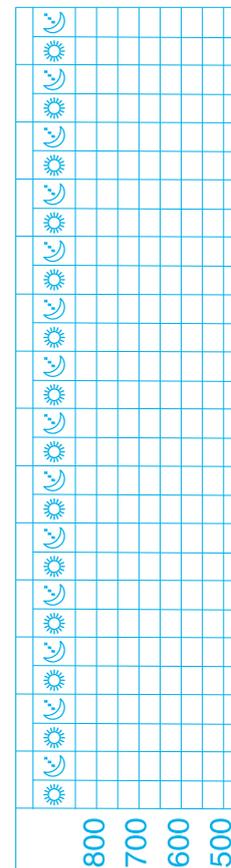
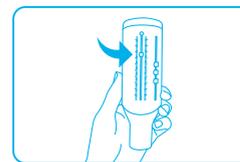
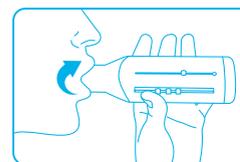
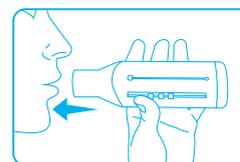
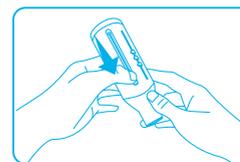
Shelf Life: 3 years.

Warranty

Replace if it is faulty, otherwise replace the unit every three years. Excepting accidental/transit damage or inappropriate use of the device.

To Use Peak Flow Meter

1. Slide pointer to the bottom of the scale.
2. Hold device horizontally in front of mouth.
3. Inhale as deeply as possible.
4. Seal lips firmly around the mouthpiece.
5. Blow out as HARD and as FAST as possible for a second or longer.
6. Take care that tongue or teeth do not obstruct the airflow. A "spitting" action or coughing will give false readings.
7. Take note of the reading.
8. Repeat steps 1 to 7 three times and record the highest reading.
9. Take action according to your personal asthma management plan.



Taian Dalu Medical Instrument Co., Ltd.
No.3988 Yitianmen Street, Hi-tech Zone,
Taian,271000 Shandong, P.R.China

Lotus NL B.V.
Koningin Julianaplein 10, 1e Verd,
2595AA, The Hague, Netherlands.

Fleming Medical Ltd.
Limerick, V94 K6W4, IRELAND



MD1011
V1.2.231025
Made in China