



# Peak Flow Meter

Your respiratory health,  
made measurable.



## FACT BOX

**Product Code:**  
MD1011

**Product Category:**  
Diagnostics - Respiratory Health

### Contents:

- 1 x Peak Flow Meter
- 1 x User Manual

### Danger:

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

Device use should be limited to exhalation only

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

### 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 asthma flare-up.

The LifeSense® Breathe Peak Flow Meter provides accurate, repeatable measurement of peak expiratory flow to support effective respiratory care and self-management.

Ideal for pharmacy recommendation, it empowers individuals to monitor changes in airway function, track trends over time, and respond appropriately to their asthma or COPD action plan.

## FEATURES:

- Easy-to-use device to monitor respiratory conditions
- No batteries needed, perfect for travel
- Suitable for adults & children (aged 5+)
- Lightweight and portable for daily tracking

## DIRECTIONS:

1. Move the red centre indicator to the bottom of the scale.
2. Stand up straight and take a deep breath. Place the mouthpiece in your mouth, holding the device horizontally.
3. Make a tight seal with your lips. Blow out as hard and fast as you can in one breath.
4. Note the number where the red centre indicator stops, this is your peak flow reading. Repeat steps 1–4, two more times. Record the highest reading.

## CONTRAINDICATIONS AND PRECAUTIONS:

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.

