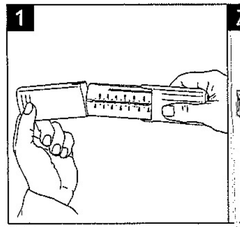
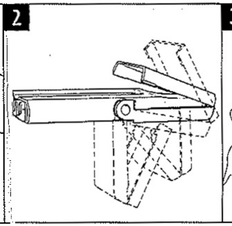
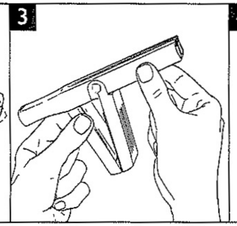
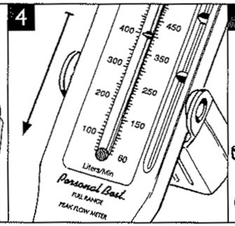
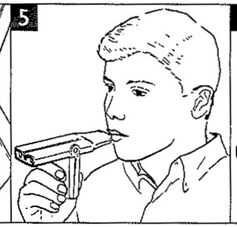
PersonalBest

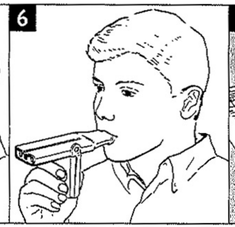


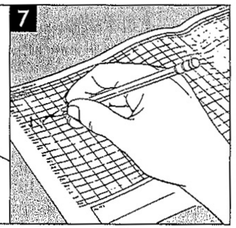












PersonalBest peak flow meter with integrated asthma management zone system **ENGLISH** **Instructions for use** Full range (60–810 L/min) Low range (50–390 L/min)	Read these instructions for use thoroughly and if the instructions are not clearly understood, please call 1-800-962-1266/1-724-387-4000 for further explanation.	Package contains: PersonalBest peak flow meter Instructions for use Daily record chart	Remove top cover.	Swing bottom hinged cover down and around as shown.	Snap the two halves together to form a handle. Hold PersonalBest by handle when measuring your peak flow.	Move red indicator to bottom of scale.	Stand up. Breathe in as deeply as you can. Place your mouth around the mouthpiece, so your lips form a tight seal.	Blow as hard and fast as you can. Spitting or coughing on expiration can produce false high readings. The number where the indicator stops is your peak measurement.	Repeat steps 4, 5, 6 and take three readings. Record the highest reading in your daily record chart.

Cleaning instructions

Clean at least once every two weeks.

Hand wash: Wash with warm water and mild liquid soap. Rinse thoroughly and air dry completely prior to use.

Dishwasher safe: Use the top rack only.

Do not boil PersonalBest.

Optimal storage conditions: Store meter at room temperature. Relative humidity: 30%–70%

CAUTION

Patients using a peak flow meter to monitor respiratory conditions such as asthma should be under the care of a physician. A peak flow meter is intended for single patient use unless it is cleaned thoroughly after each use and disposable mouthpieces are used. Mouthpieces for PersonalBest are available.

Indications for use

PersonalBest is used to measure peak expiratory flow rate (PEFR), an important indicator of your lung function. PersonalBest should be used for monitoring respiratory conditions such as asthma. Taking peak flow measures every day and keeping a record of the peak flow measures in your "peak flow diary" can help you and your physician make important decisions about your treatment. You should use this meter and set its color zone indicators according to a treatment plan developed for you by your physician.

Predicted average peak expiratory flow (L/mins)

Normal males*

	Height				
Age (Years)	(in) 60" (cm) 152	65" 165	70" 178	75" 191	80" 203
20	554	575	594	611	626
25	580	603	622	640	656
30	594	617	637	655	672
35	599	622	643	661	677
40	597	620	641	659	675
45	591	613	633	651	668
50	580	602	622	640	656
55	566	588	608	625	640
60	551	572	591	607	622
65	533	554	572	588	603
70	515	535	552	568	582
75	496	515	532	547	560

* Nunn AJH, Gregg I: Brit Med J 298:1068-70, 1989.

Normal females*

	Height				
Age (Years)	(in) 55" (cm) 140	60" 152	65" 165	70" 178	75" 191
20	444	460	474	486	497
25	455	471	485	497	509
30	458	475	489	502	513
35	458	474	488	501	512
40	453	469	483	496	507
45	446	462	476	488	499
50	437	453	466	478	489
55	427	442	455	467	477
60	415	430	443	454	464
65	403	417	430	441	451
70	390	404	416	427	436
75	377	391	402	413	422

Normal children and adolescents†

Height (in)	(cm)	Males & females	Height (in)	(cm)	Males & females	Height (in)	(cm)	Males & females
43	109	147	51	130	254	59	150	360
44	112	160	52	132	267	60	152	373
45	114	173	53	135	280	61	155	387
46	117	187	54	137	293	62	157	400
47	119	200	55	140	307	63	160	413
48	122	214	56	142	320	64	163	427
49	124	227	57	145	334	65	165	440
50	127	240	58	147	347	66	168	454

† Polgar G, Promadhat V: Pulmonary Function Testing in Children: Techniques and Standards. Philadelphia, W.B. Saunders Company, 1971.

These tables are only a guideline. The National Asthma Education and Prevention Program recommends that a patient's personal best be used as a baseline reading. Personal best is the maximum peak flow rate that patients can attain when their asthma is considered to be under control.