

Your Mini-Wright Low Range Peak Flow Meter will help you to monitor your asthma by measuring your peak flow. This leaflet explains how to use and care for your peak flow meter and how to record the readings. Peak flow measurements are an indication of how well air is moving through your lungs. Changes in your peak flow may require special treatment to ensure you remain in good health.

With careful use the Mini-Wright low range peak flow meter would be expected to last for two years (2,000 uses).

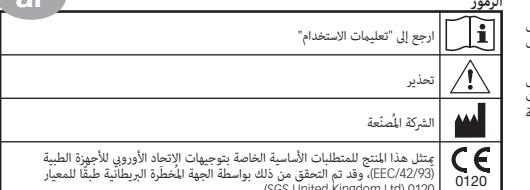
**Contents:**

- 1 MINI-WRIGHT Low Range peak flow Meter complete with detachable universal mouthpiece and instructions with peak flow diary.
- ⚠ Caution**
  - Do not obstruct the holes at the end of the peak flow meter.
  - Please note that any coughing or spitting into the meter will adversely affect your readings and should be avoided.
  - Fungal growths may occur if the instrument has not been cleaned for some time.
- Store in a clean dry place.

**Instructions**

Intended use - age 3\* and above.

Designed to help monitor and manage asthma in children and adults with severely restricted airflow.



**How to use Your Mini-Wright Low Range Peak Flow Meter**

- 1 Insert the mouthpiece into the meter. Ensure the pointer is at the bottom of the scale (nearest the mouthpiece).
- 2 Hold the peak flow meter so that your fingers are clear of the scale and slot.
- 3 Stand up if possible. Take a deep breath, place the peak flow meter in the mouth and hold horizontally, closing the lips around the mouthpiece, then blow as hard and as fast as you can.
- 4 Note the number on the scale indicated by the pointer on a piece of paper. If unusual readings are obtained and the meter does not appear broken - seek advice from your healthcare professional.
- 5 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 on your peak flow diary.

\* For Multi-Patient Use see Care and Use

**Disposal Note:**

The Mini-Wright peak flow meter can be disposed of as normal household waste. How to Record Your Peak Flow

**Cleaning Instructions\***

- 1 Immerse the peak flow meter in warm (but not hot) mild detergent solution for 2-3 minutes (maximum 5 minutes).
- 2 Agitate the meter to ensure thorough cleaning.
- 3 Rinse in clean warm water and shake gently to remove any excess water.
- 4 Allow it to dry thoroughly before using again.

• The mouthpiece is detachable and should be kept clean using a proprietary disinfectant solution.

**Performance Accuracy**

This peak flow meter does not require maintenance other than cleaning or calibration for the first year following its first use. At the end of two years, it should be replaced.

When using this device should be kept in a clean, dry area away from any hazardous substances. It is important to keep your peak flow meter clean when in use. It should be cleaned at least once every six months and thoroughly if it has not been used for some time.

The Mini-Wright low range peak flow meter is suitable for multi-patient use if Clement Clarke's validated cleaning instructions are followed.

These are available on request, or via the internet at: [www.clement-clarke.com](http://www.clement-clarke.com)

**How to Record Your Peak Flow**

It is important to take a record of your peak flow. Three readings should be taken twice a day, first thing in the morning and at bedtime unless otherwise directed by your healthcare professional.

**With a dot record the highest of the three readings on the peak flow diary provided, both in the morning and at bedtime, every day. By joining the dots (see diagram\*\*) you can see how your peak flow varies from day to day.**

**Make sure to measure and note your peak flow if you suddenly become wheezy or breathless at any time of the day or night.**

**Car and Use**

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**Troubleshooting**

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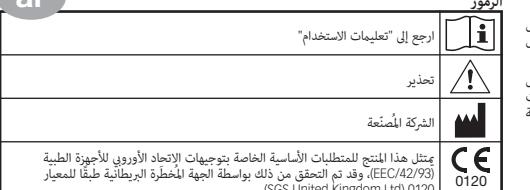
**Symbols**

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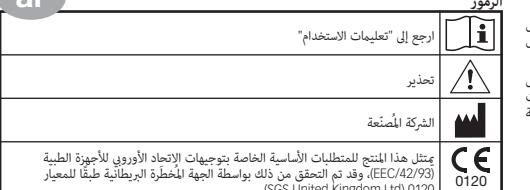
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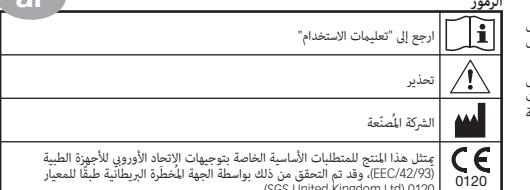
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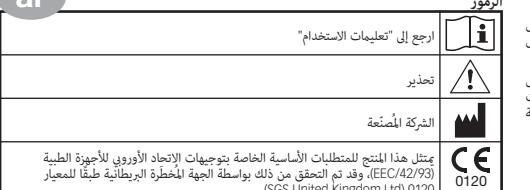
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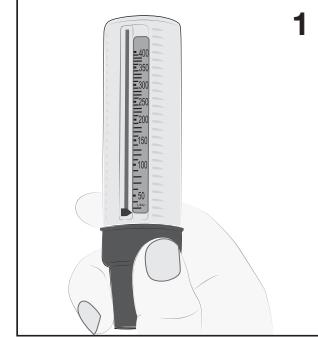
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1

**no**

Din Mini-Wright Low Range gjennomstrømmingsmåler vil hjelpe deg med å overvake astmaen din ved å måle luftstrømmen din. Dette hjelper forskeren hvordan du skal bruke og ta vare på gjennomstrømmingsmåleren og hvordan du skal registrere avlesningene. Gjennomstrømmingsmåleren er en indikasjon på hvor godt luften beveger seg gjennom lunghjernen dine. Endringer i gjennomstrømmingen kres opp som et varsel om at du har vært utsatt for noe.

Med forsiktig bruk kan Mini-Wright low range gjennomstrømmingsmåleren fungeres i opptil 2 år (2000 ganger bruk).

**Innhold:**

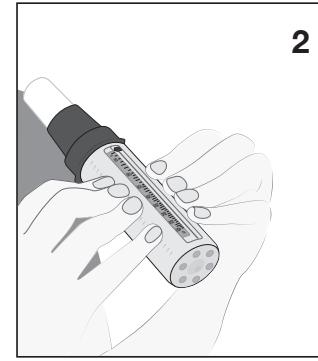
1 MINI-WRIGHT Low Range gjennomstrømmingsmåler komplet med avtagbart universalmunstyke og med gjennomstrømmingsdøgbook.

**A Forstikk**

- Ikke lett igjen hullene i enden gjennomstrømmingsmåleren.
- Vær oppmerksom på at hosting eller snyting inn i måleren vil ha negativ virking på avlesningene og måleren kan bli ødelagt hvis ikke det er gjort korrekt.
- Oppbevares kan oppstå røvs instrumentet ikke har vært renjt på en stund.

**Oppbevaring:**

Oppbevares på et rent og tørt sted.



2

**ru**

Пневмометр Mini-Wright Low Range поможет вам контролировать астму за счет измерения максимальной скорости выдоха. Настоящая инструкция включает указания по использованию пневмометра, чтобы помочь вам измерять астму. По показаниям пневмометра можно судить о том, как хорошо выдыхаете. Изменение показаний может быть сигналом о том, что вы были подвергнуты воздействию.

**Порядок использования пневмометра Mini-Wright Low Range**

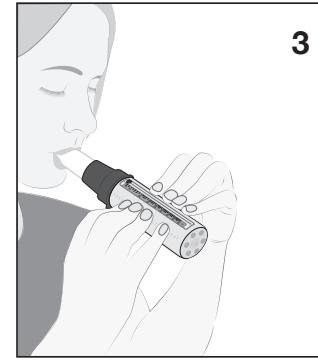
- 1 Вставьте мундштук в пневмометр. Убедитесь, что указатель находится выше шкалы (максимально близко к мундштуку).
- 2 Держите пневмометр так, чтобы пальцы не закрывали щель и паз.
- 3 При возможности, вставьте щечки глубокий вдох. Держите пневмометр горизонтально, поместив его в рот и сократив губу вокруг мундштука. Выдохните как можно сильнее и быстрее.
- 4 Запишите на листке число, которого достиг на шкале указатель. Если получены необычные показания, а на приборе нет признаков повреждения, обратитесь за рекомендациями к своему врачу.
- 5 Верните указатель винц шкалы (максимально близко к мундштуку) и еще дважды повторите процедуру для получения трех показаний. Запишите самое большое из трех показаний в свой дневник максимальной скорости выдоха.

**Комплект поставки:**

1 Пневмометр MINI-WRIGHT Low Range со съемным универсальным мундштуком и инструкцией о порядке измерения максимальной скорости выдоха.

**Предупреждение:**

- Не зажимайте отверстия на конце пневмометра.
- Обратите внимание, что нужно не допускать покашливания или отхаркивания в прибор, это исказяет показания.
- Если прибор некоторое время не чистить, возможно размножение грибков.
- Храните прибор следующ в чистом сухом месте.



3

**sv**

Med hjälp av Mini-Wright Low Range PEF-mätare kan du kontrollera din astma genom att mäta ditt maximala utandningsflöde. I den här broschyren får du veta hur du använder och skötter om PEF-mätaren och hur du tyder på värdena. Detta maximala utandningsflöde visar hur väl luften passerar genom din lunga. Om utandningsflödet förändras kan specialbehandling behövas för att reda på vad som sker i dina luftvägar.

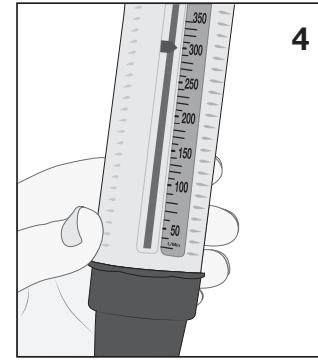
Vid akut anfall handikappas Mini-Wright Low Range PEF-mätaren kunnas användas i två (2 000 användningsfallen).

**Innehåll:**

1 MINI-WRIGHT Low Range PEF-mätare komplett med avtagbart universalmunstycke och bruksanvisningar med PEF-kurva.

**Warning:**

- Tappa inte till hälen i PEF-mätarens ände.
- Observera att om du hostar eller spottar i mätaren påverkas värde negativt. Detta ska därför undvikas.
- Svampiltvätt kan förekomma om instrumentet inte har renjorts på länge.
- Förvara på en sval och torr plats.



4

**Information om bortskaffande:**

Mini-Wright PEF-mätare kan bortskaffas som vanligt hushållsavfall.

**Så använder du din Mini-Wright Low Range PEF-mätare**

- 1 För in munstycket i mätaren. Kontrollera att pilen är placerad längst ned på skalan (närmast munstycket).
- 2 Häll PEF-mätaren på så sätt att flödet går in i värdena med en prick på den medföljande PEF-kurvan, både på morgonen och på kvällen. Gör detta varje dag. Genom att dra ett streck mellan prickarna (se diagrammet\*\*) kan du se hur ditt maximala utandningsflöde varierar från dag till dag.
- 3 Ställ upp om det går. Ta ett djupt andetag. Placer PEF-mätaren i munnen och håll den värktagt med den sluter läpparna kring munstycket. Blås ut så snabbt och så kraftigt du kan.
- 4 Kontrollera siffran på skalan vid pilen och skriv ned värde på ett papper. Om du får ett oväntat värde och mätaren inte verkar vara trasig ska du kontakta din vårdgivare.
- 5 Sätt tillbaka pilen längst ned på skalan (närmast munstycket) och upprepa steget över två gånger till, så att du får tre värden. Pricka in det högsta av de tre värdena i din PEF-kurva.

För flerpatientsbruk, se Skötsel och användning.

**Rengöringsanvisningar\***

- Sätt ned PEF-mätaren i varmt (men inte hett) vatten med mitt rengöringsmedel i 2-3 minuter (max 5 minuter).
- Skaka på mätaren så att den blir ordentligt ren.
- Skölj i rent och varmt vatten och skala den varvamt så att allt vatten avgåsna.
- Låt torra helt före nästan användningstillfället.
- Munstycket kan tas av och sättas rent med hjälp av en särskild desinfektionslösning.

**Noggrannhet för funktion**

Mini-Wright (low range) överensstämmer med BS EN ISO 23747 (för intervall 30–40 l/min) och riktlinjerna från NAERP.

**Noggrannhet:** Bättre än 10 % eller 10 l/min. Avslagning uttrycks i form av BTPS-värden.

**Flödesmotstånd:** Högst 0,36 kPa/l/s.

**Notering:** Denna produkt tillhandahålls för att användas i samband med behandling.

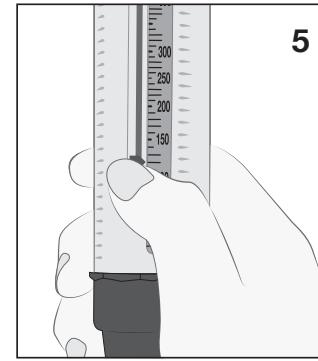
**Skötsel och användning**

Den här PEF-mätaren kräver inget underhåll (förtum rengöring) eller kalibrering under två år efter det första användningstillfället. Efter de två åren bör den bytas ut.

När enheten inte används ska den förvaras på en ren och torr plats på avstånd från värme och vatten.

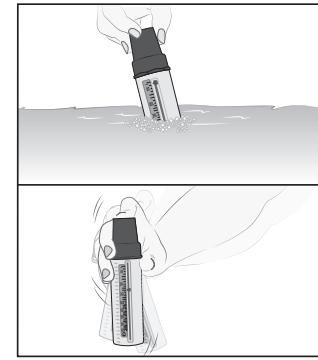
Det är viktigt att PEF-mätaren hålls ren när den används. Den bör rengöras minst en gång var sjätte månad – extra grundigt om den inte har använts på ett tag. Mini-Wright Low Range PEF-mätare är lämplig för flerpatientsbruk om Clement Clarakes validerade rengöringsanvisningar följs.

Dessa finns tillgängliga på begäran samt på internet på: www.clement-clarke.com.



5

**Other Medications**



Patient's Name \_\_\_\_\_

Doctor's Name \_\_\_\_\_

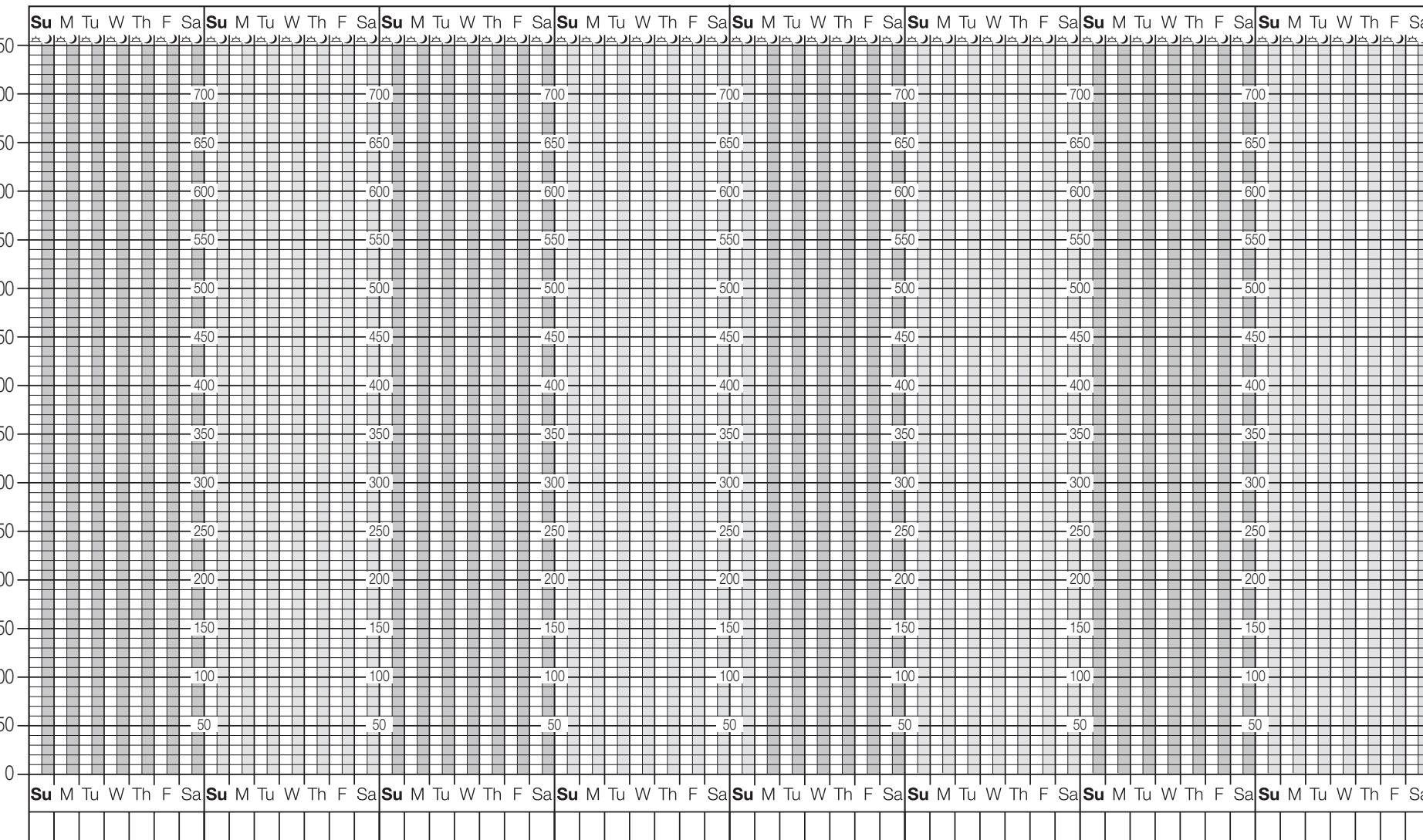


Treatment Action Plan

Start Date \_\_\_\_\_



Part no. 19029682 issue 1 May 2019



\*\*\* en Reliever - no. of puffs in 24 hours  
ar مسكن - عدد التفاتات خلال 24 ساعة

da Inhalator/pDMI - Antal drag inden för 24 timer

de Hustenstiller - Anz. der Atemzüge in 24 Std.

fi Lievitys - puhalusten määrä vuorokaudessa no. of puffs in 24 hours

fr Soulagement - nombre d'expirations en 24 heures

hr Ublažavanje - br. Udisja u 24 sata

it Farmaco sintomatico - numero di soffi in 24 ore

nl Pijnstiller - aantal pufjes in 24 uur

no Avhjelper - antall inhaleringer på 24 timer

ru Препарат, облегчающий дыхание, - количество вспышек за 24 часа

sv Snabbverkande luftörsvidgande - antal inhalationer på 24 timmar

This improved Peak Flow Diary is based on original research by Dr Helen Postle.

WOOLCOCK

LEADERS IN BREATHING & SLEEP RESEARCH

**Symboler**

Se "Bruksanvisningen"

**Forsiktig**

Producent

Dette produsenter samover med de kravene i Direktivet (93/42/EEC) for medisinske utstyr. Samover er verifisert av det britiske kontrollorganet per 0120 (SGS United Kingdom Ltd).

**Obrazczenia**

Om: "Instrukcja o eksploatacji"

**Predwrażliwość**

Przedwrażliwość

**Producenci**

Naastjazdy produkcja odzwierciedla podstawowe wymagania dyrektywy po 93/42/EG. Szczegolowa ocena przeprowadzona przez organ szwajcarski.

**CE**

Denne produkt uppfyller de väsentliga kraven i det medicintekniska direktivet (93/42/EEG). Efterlevand har verifierats av ett brittiskt allmänt organ per 0120 (SGS United Kingdom Ltd).

**Felsökning**

Hvis du är en gjennomstrømmingsmåler och får en uvanlig lav avlesning kan det bety at gjennomstrømmingsmåleren är defekt eller at avlesningen viser at astmien din är blitt värre. Kontroller för sikre att den blir fullständig rengjort.

Med en prick registrerar du den högsta och den lägsta avlesningen i gjennomstrømmingsdagboken har fått, både på morgonen och vid leggetid, hver dag. Sedan pricken på neste side\*) kan du se hvordan gjennomstrømmingen varierar från dag till dag.

Pass på att måleren inte har vært utsatt for vann, värme eller annan skada.

Hvis du inte har gjort trygg på att du har instruktioner korrekt och at måleren ikke är edelgård må du ta kontakt med din kontaktperson i helsevesenet för råd. Unsett hvilke avlesningsresultater du oppnår fra gjennomstrømmingsmåleren må du, hvis du kjenner til hvilket personlig kontakt som tranghet i byret, kortsedet, hosting eller gisping, ta kontakt med fagpersonen i helsevesenet.

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Om du har en gjennom