

# How to use your Peak Flow Meter

Insert the supplied AAA batteries before your first use of the peak flow meter.



Stand or sit up straight and hold the peak flow meter in front of you.

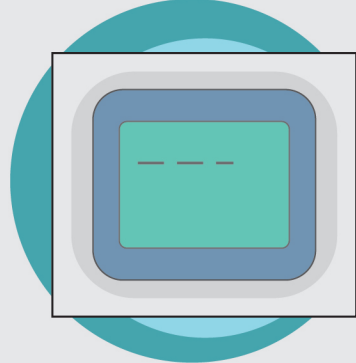
1

Press and hold the blue power button until the screen turns on.



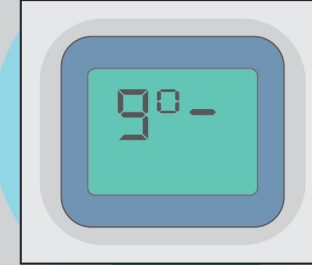
2

A dotted line will appear on the screen.



3

Then the word "go" will appear on the screen.



4

Take a deep breath in, filling your lungs with air completely.



5

Put the mouthpiece into your mouth, and form a tight seal with your lips.



6

Blow out as hard and fast as possible through the mouthpiece.



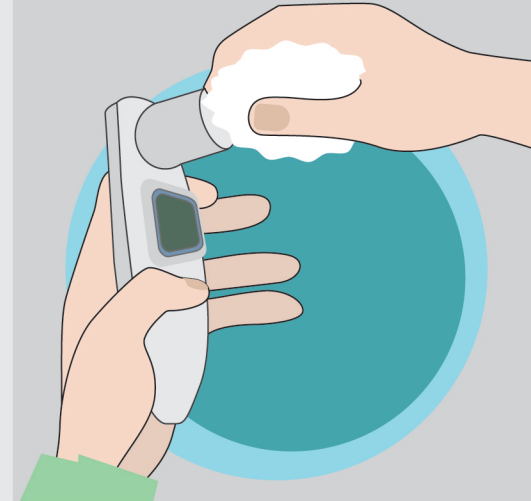
7

The device will display your readings on the screen.



8

Wipe down the device with a paper towel or soft cloth.



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