PersonalBest Peak Flow Meter US FAQ's

Technology

Q. What is Peak Flow?
A. Peak flow is a measure of how fast you can blow air out of your lungs.   If your asthma isn't affecting you, you will have airways that are open, so you're able to blow air out of the lungs quickly,   which will give you a high peak flow reading. However, if asthma is not controlled, the airways will   narrow and you will not be able to blow air out so fast, which will give you a lower peak flow reading.

Q. How is peak flow measured?
A. Peak flow is measured using a small handheld device called a peak flow meter. The scale is in   units of liters per minute (lpm). When you blow into the mouthpiece the small marker will move   depending on how fast you are blowing. Where the marker ends up, is your peak flow reading. The   highest reading from three attempts should be recorded as your peak flow reading.

Treatment

Q. Is PersonalBest suitable for children?
A. Yes, it has a Universal scale which is suitable for adults and children.

Q. How do I use PersonalBest?
A. You should stand up to take your readings and write them in your daily record chart. Please follow the instructions for use.

Q. Why should I use a Peak Flow Meter?
A. Daily Peak flow monitoring can help you to determine whether your condition is stable or worsening. Then, in conjunction with your prescribed asthma plan, you can take appropriate action   to bring your asthma back under control.

Product Specifications

Q. What is included in the pack?
A. PersonalBest peak flow meter, Instructions for use and Daily record chart.

Cleaning and maintenance

Q. How do I clean my PersonalBest?
A. 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. Please refer to the instructions for use for full details.

Service and support

Q. Is it covered by a warranty?
A. Yes – I year.   Please refer to the instructions for use for full details.