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Vitalograph 40000

Vitalograph asma-1 Electronic Asthma Respiratory Monitor

Model: 40000

INTRODUCTION

The Vitalograph asma-1 is a lightweight, electronic respiratory monitor designed for home use. It accurately measures Peak Expiratory Flow (PEF) and Forced Expiratory Volume in one second (FEV1), providing essential data for monitoring respiratory health, particularly for individuals with asthma. This device offers a more precise alternative to traditional mechanical peak flow meters and eliminates the need for manual record cards by electronically storing test results.



Image: The Vitalograph asma-1 monitor, showing its compact design and digital display.

SETUP

- 1. Unpack the Device:** Carefully remove the Vitalograph asma-1 monitor and all accessories from its packaging. The package includes the monitor, a pouch, instructions for use, 2 x AAA batteries, and a plastic mouthpiece for single patient use.
- 2. Install Batteries:** Locate the battery compartment on the back of the device. Insert the two AAA batteries, ensuring correct polarity as indicated inside the compartment. Close the battery cover securely.
- 3. Attach Mouthpiece:** For each use, attach a clean, single-use plastic mouthpiece to the device's opening. Ensure it is firmly seated to prevent air leakage during measurement.

OPERATING INSTRUCTIONS

Follow these steps to perform a respiratory measurement:

- 1. Power On:** Press the power button (usually located on the side or top) to turn on the device. The display will show a prompt to begin the test.
- 2. Deep Breath:** Take a deep breath, filling your lungs completely.
- 3. Seal Lips:** Place the mouthpiece firmly in your mouth, sealing your lips tightly around it.
- 4. Exhale Forcefully:** Blow out as hard and as fast as you can into the mouthpiece. Continue exhaling until your lungs feel empty.
- 5. Read Results:** The device will display your PEF (Peak Expiratory Flow) and FEV1 (Forced Expiratory Volume in one second) values. The device automatically stores the best values from a test session.

6. **Repeat Tests:** For accurate results, it is recommended to perform three measurements. The device will typically select the best result from these attempts.
7. **Personal Best Zones:** You can set unique 'personal best' zones on the device to help interpret your results (Green, Yellow, Red zones). Refer to your healthcare provider for guidance on setting these zones.

Note: The device requires single-use mouthpieces for each patient to ensure hygiene and prevent cross-contamination. These mouthpieces are sold separately.

MAINTENANCE

- **Cleaning:** Wipe the exterior of the device with a soft, damp cloth. Do not immerse the device in water or use abrasive cleaners. Ensure the mouthpiece is disposed of after each use.
- **Storage:** Store the Vitalograph asma-1 in its protective pouch in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Dead or incorrectly inserted batteries.	Check battery polarity or replace with new AAA batteries.
Inaccurate readings.	Improper technique (not blowing hard/fast enough), mouthpiece not sealed correctly, or device malfunction.	Ensure proper technique and tight seal around mouthpiece. If issues persist, contact support.
Display shows error message.	Device internal error.	Turn the device off and on again. If the error persists, contact customer support.

SPECIFICATIONS

- **Model:** 40000
- **Measures:** PEF (Peak Expiratory Flow), FEV1 (Forced Expiratory Volume in one second)
- **Memory:** 600 test memory
- **Display:** Large, easy-to-read digital display
- **Power:** 2 x AAA Batteries
- **Dimensions (L x W x H):** Approximately 6 x 2.5 x 2 inches
- **Weight:** Approximately 4.47 Ounces
- **Color:** Blue
- **Compliance:** Compliant with ATS/ERS 2019 Technical Standards and ISO 23747 / 26782 / 13485
- **Usage:** Suitable for home use and in clinic with Bacterial Viral Filters (BVF).

WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the warranty card included with your purchase or visit

the official Vitalograph website. For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact Vitalograph customer service directly. Contact details are typically provided in the product packaging or on the manufacturer's website.

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This manual is for informational purposes only. Consult a healthcare professional for medical advice.