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Sonmol SMPF-1

Sonmol Digital Peak Flow Meter SMPF-1

User Manual

1. INTRODUCTION

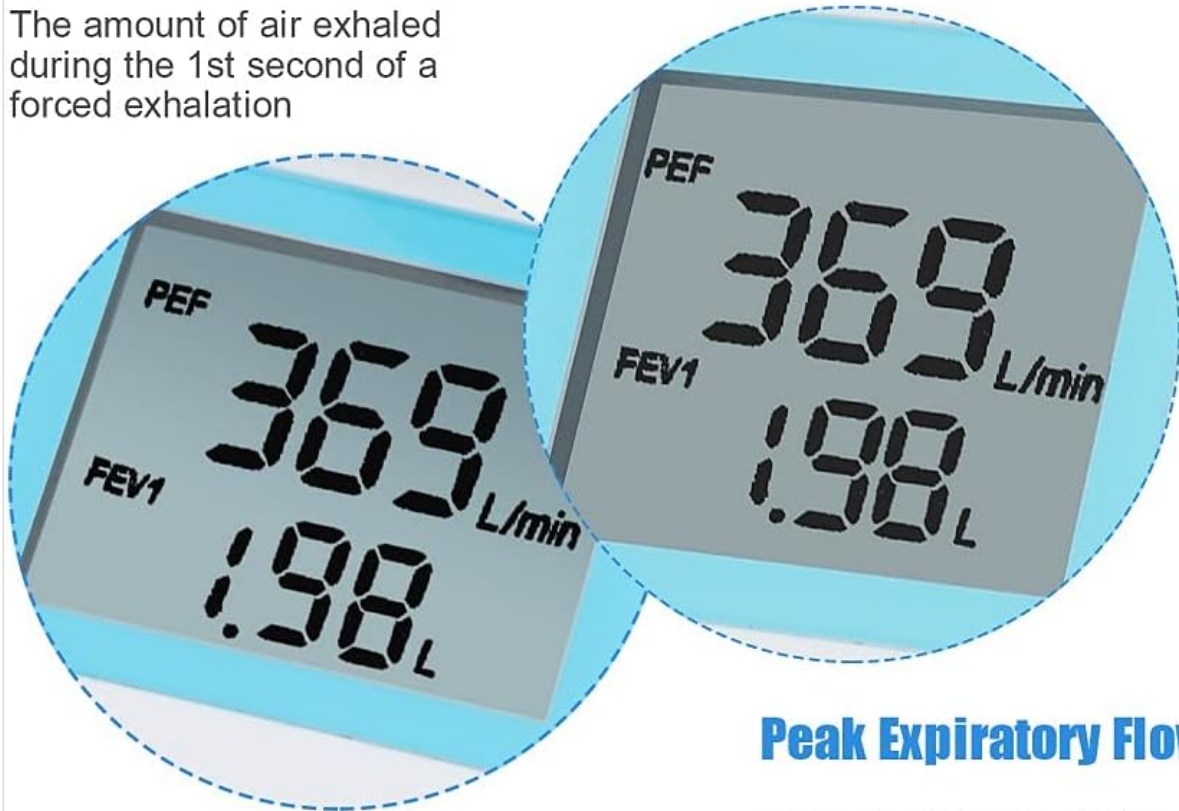
The Sonmol Digital Peak Flow Meter SMPF-1 is a portable device designed to measure Peak Expiratory Flow (PEF) and Forced Expiratory Volume in 1 second (FEV1). These measurements are crucial for monitoring lung function, particularly for individuals with respiratory conditions such as asthma and Chronic Obstructive Pulmonary Disease (COPD). This manual provides essential instructions for the safe and effective use, setup, operation, and maintenance of your device.

The device offers high precision and displays results digitally, making it easy to monitor lung performance at home.

Digital meter that measures both PEF & FEV1

Forced Expiratory Volume

The amount of air exhaled during the 1st second of a forced exhalation



Peak Expiratory Flow

The speed of an exhale at maximum force after a full inhalation

Image: The Sonmol Digital Peak Flow Meter displaying PEF (Peak Expiratory Flow) and FEV1 (Forced Expiratory Volume in 1 second) values. The image also defines Forced Expiratory Volume as the amount of air exhaled during the 1st second of a forced exhalation, and Peak Expiratory Flow as the speed of an exhale at maximum force after a full inhalation.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before using this device for diagnosis or treatment of any medical condition.
- Do not use this device as the sole basis for making medical decisions. Always follow your doctor's advice.
- Keep the device out of reach of children unless under adult supervision.
- Do not disassemble or attempt to repair the device yourself. Contact customer support if issues arise.
- Ensure the mouthpiece is clean before each use to prevent contamination.

3. PRODUCT OVERVIEW

The Sonmol Digital Peak Flow Meter is a compact and user-friendly device. It typically consists of:

- **Mouthpiece:** Where the user exhales.

- **Digital Display:** Shows PEF and FEV1 readings.
- **Power Button:** For turning the device on and off.
- **Battery Compartment:** Located at the back for battery installation.



Image: The Sonmol Digital Peak Flow Meter, highlighting its suitability for various users including athletes, individuals with asthma, COPD patients, those who exercise, and oxygen users.

4. SETUP

4.1. Battery Installation

1. Locate the battery compartment on the back of the device.
2. Slide open the battery cover.
3. Insert two AAA batteries, ensuring correct polarity (+/-).
4. Close the battery cover securely.

PERFECT FOR



Image: The back of the Sonmol Digital Peak Flow Meter, illustrating the battery compartment where two AAA batteries are to be inserted. The product label with model SMPF-1 and power DC 3V 0.2W is also visible.

4.2. Attaching the Mouthpiece

Gently attach the mouthpiece to the designated opening on the device. Ensure it is firmly in place but do not force it.

5. OPERATING INSTRUCTIONS

5.1. Performing a Measurement

1. **Power On:** Press and hold the power button for 3 seconds to turn on the device. The display will light up.
2. **Deep Breath:** Take a deep breath, filling your lungs completely.
3. **Exhale Forcefully:** Place your lips tightly around the mouthpiece and exhale as hard and fast as you can, ensuring a complete exhalation.
4. **View Results:** The PEF and FEV1 values will be displayed on the screen automatically.
5. **Repeat:** For best results, perform three measurements and record the highest value.



Image: A visual guide demonstrating the three steps for using the Sonmol Digital Peak Flow Meter: 1. Long press the power button for 3 seconds, 2. Take a deep breath and exhale inward into the mouthpiece, 3. View the PEF and FEV1 values on the display.

5.2. Understanding Readings

- **PEF (Peak Expiratory Flow):** This indicates the maximum speed of air exhaled from the lungs.
- **FEV1 (Forced Expiratory Volume in 1 second):** This measures the amount of air exhaled during the first second of a forced breath.

Your physician will provide guidance on interpreting your personal PEF and FEV1 values and what they mean for your lung health. Regularly recording these values can help track changes over time.

Digital Reading = Accuracy

- Monitor your lung performance at home
- Generate your own peak flow diary



Image: A user holding the Sonmol Digital Peak Flow Meter, demonstrating how the digital reading provides accuracy for monitoring lung performance at home and generating a personal peak flow diary.

6. MAINTENANCE

6.1. Cleaning

- **Mouthpiece:** The mouthpiece should be cleaned regularly, ideally after each use, with warm soapy water. Rinse thoroughly and allow to air dry completely before reattaching.
- **Device Body:** Wipe the main body of the device with a soft, damp cloth. Do not immerse the device in water or use abrasive cleaners.

6.2. Battery Replacement

Replace the batteries when the low battery indicator appears on the display or if the device fails to power on. Refer to section 4.1 for battery installation instructions.

6.3. Storage

Store the device in a clean, dry place away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case when not in use.

7. TROUBLESHOOTING

- **Device not turning on:** Check if the batteries are inserted correctly and are not depleted. Replace batteries if necessary.
- **Inaccurate readings:** Ensure the mouthpiece is clean and properly attached. Make sure you are performing the exhalation technique correctly (a strong, fast breath).
- **Display issues:** If the display is dim or flickering, replace the batteries.

If problems persist after attempting these troubleshooting steps, please contact Sonmol customer support.

8. SPECIFICATIONS

| Parameter | Value |
|--------------------------------|--------------------------------|
| Model | SMPF-1 |
| Power Supply | DC 3V 0.2W (2 x AAA batteries) |
| Net Product Weight | 52 Grams |
| Product Dimensions (L x W x H) | 14 x 4 x 5 cm |
| Manufacturer | sonmol |
| ASIN | B088QWDZ7B |

9. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your Sonmol Digital Peak Flow Meter SMPF-1, please refer to the contact details provided with your purchase or visit the official Sonmol website.