



Wireless Spirometer

Quick Start Guide

Model # ADF- MSA1000

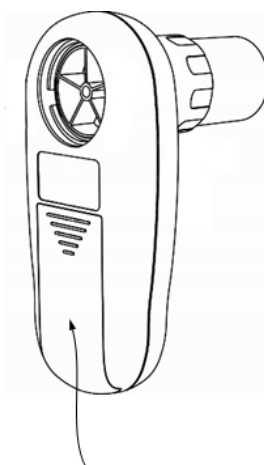
NOTES ON SAFETY

- Self-measurement is not medical treatment. If there are unusual values, please consult your provider.
- No matter what your peak flow measures are, if you have signs and symptoms such as chest tightness, shortness of breath, coughing, or wheezing, contact your provider.

Insert the Batteries

New batteries were installed in your device before shipping. Unless instructed by a support person, skip this section

1. Slide the cover down
2. Insert two AAA batteries in the shell following symbol inside
3. Close the cover.



Battery Cover

Do not allow other people to use your spirometer. The spirometer is specifically assigned to you and you only. Allowing other people to use your spirometer can mislead your provider.

Taking a Measurement

Before every measurement, clean the mouthpiece.

Avoid smoking, eating, or exercising for 30 minutes before taking measurements.

1. When the device is powered on, the last result is shown. It then indicates “READY” for measurement by two short beeps.
2. Inhale completely and hold your breath for a moment.
3. Cover the mouthpiece tightly with your lips. Blow into the turbine as hard and as fast as you can.



4. A long beep confirms that the test is complete.
5. When you hear two short beeps, the device has reset and is ready for another measurement.
6. Your provider may want you to perform multiple measurements in a row. Check with your provider.

UNDERSTANDING THE RESULTS

Your age, gender, height, and race are all used to determine your target ranges for this test. Please consult with your provider for your target ranges.