

# Truly Easy To Use.

Peak Flow Meter  
**TRUZONE**

1

Gently Shake the **TruZone**<sup>®</sup> Peak Flow Meter (PFM) vertically, until the yellow indicator has been reset, resting within the diamond near the mouthpiece.

2

Take as deep a breath as possible.

3

Put the **TruZone**<sup>®</sup> PFM mouthpiece into your mouth, and seal your lips.

4

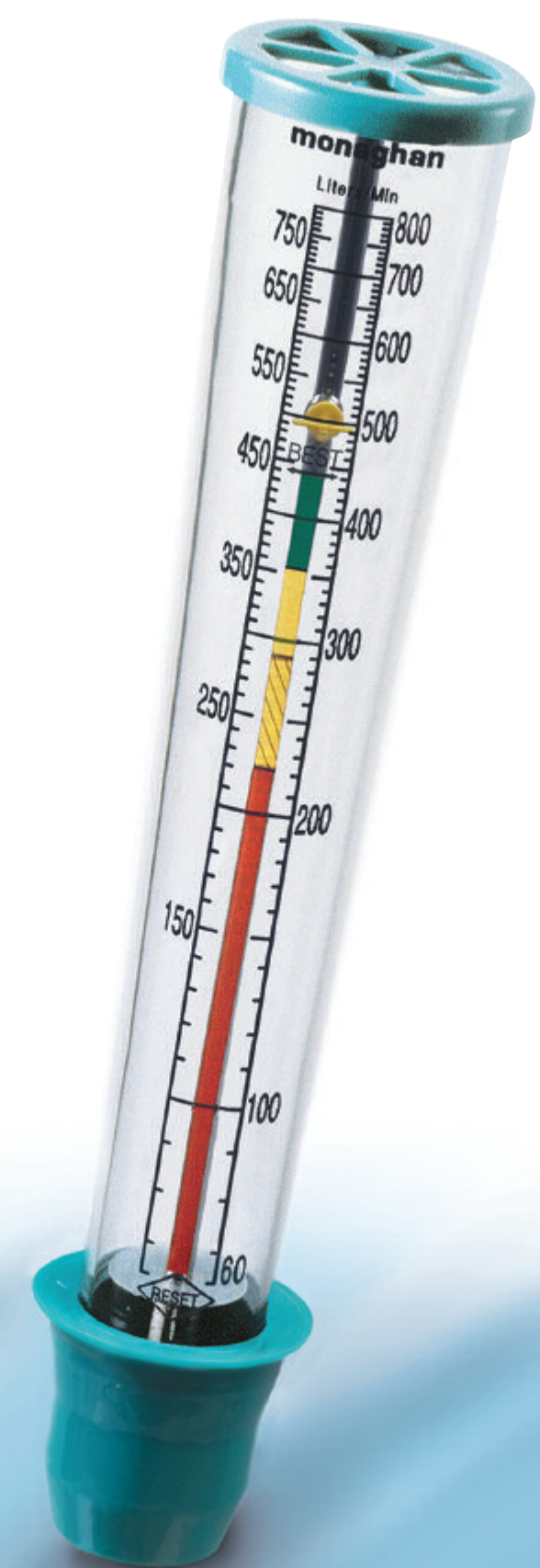
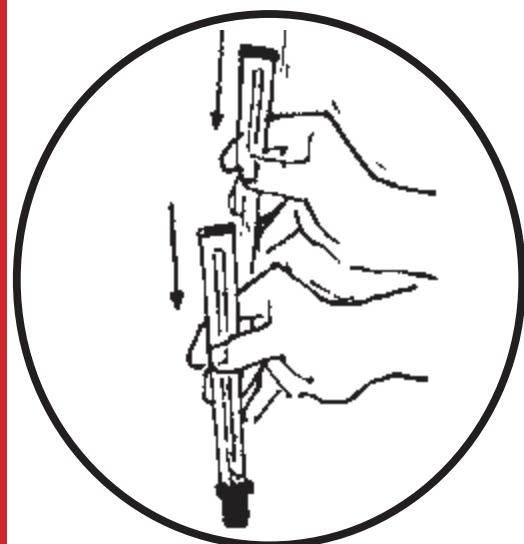
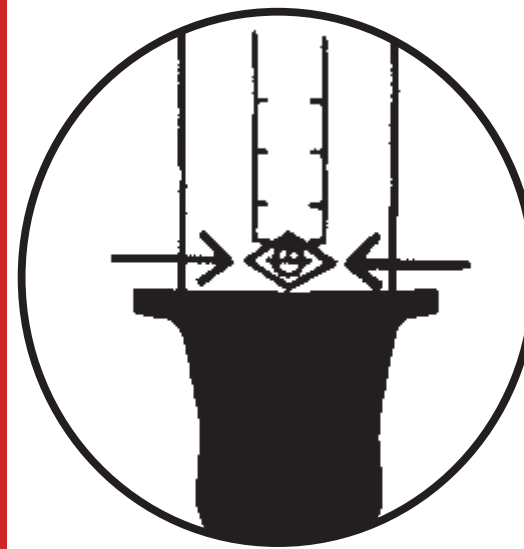
Blow out as hard and as fast as possible.

5

Repeat steps 2 through 4 as many times as instructed by your physician or health care professional.

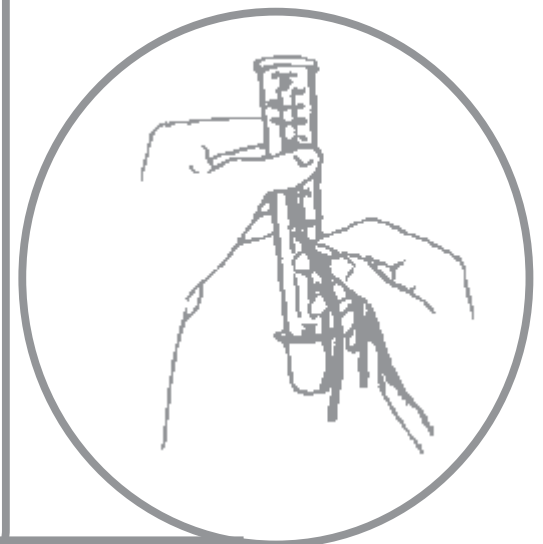
6

Look at the number on the scale beside the yellow indicator. Record this number in the space provided in your **TruZone**<sup>®</sup> PFM Daily Record.

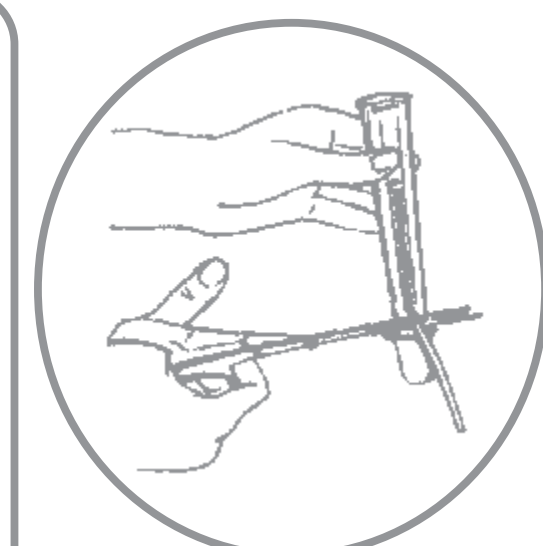


## Ask your Physician to do the following:

Use the enclosed **Color Zone**<sup>®</sup> Tape to measure your PEF. Place the tape in the middle of the scale so that the arrows below the word **BEST** line up with your best PEF. (Confirmed by your Physician)



Press the green zone into place and cut the red zone just above the **RESET** diamond. Peel off remaining backing and press into place.



**monaghan**<sup>™</sup>