

Smokerlyzer®

Interpretation Guide



Adult

COppm %COHb¹

30 5.43

29 5.27

28 5.11

27 4.95

26 4.79

25 4.63

24 4.47

23 4.31

22 4.15

21 3.99

20 3.83

19 3.67

18 3.51

17 3.35

16 3.19

15 3.03

14 2.87

13 2.71

12 2.55

11 2.39

10 2.23

09 2.07

08 1.91

07 1.75

06 1.59

05 1.43

04 1.27

03 1.11

02 0.95

01 0.79

A reading in this zone indicates **elevated carbon monoxide** levels in exhaled breath.

Readings in this range may be consistent with **regular tobacco smoking** or other sources of increased carbon monoxide exposure.

Support is available, and your stop smoking advisor can help you **take steps** to reduce this reading towards the **"Green Zone"**.

Indicates **moderately elevated** carbon monoxide levels in exhaled breath. Readings in this range may be consistent with **light tobacco smoking**, recent environmental or passive smoke exposure, or reduced air quality. **With support** from your stop smoking advisor, you can work towards reducing this reading into the **"Green Zone"**.

This is where you really need to be!

Indicates low carbon monoxide levels in exhaled breath.

Keep up the good work!

Maternity

COppm %FCOHb²

20+ 5.66

19 5.38

18 5.09

17 4.81

16 4.53

15 4.25

14 3.96

13 3.68

12 3.40

11 3.11

10 2.83

09 2.55

08 2.26

07 1.98

06 1.70

05 1.42

04 1.13

03 0.85

02 0.57

01 0.28

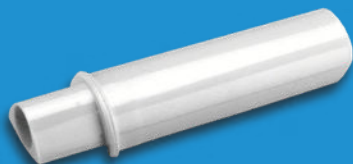
References:

1. COppm- %COHb calculation taken from: Jarvis M et al (1986) "low cost Carbon Monoxide monitors in smoking assessment." Thorax 41 pp 886-887.

2. COppm- %FCOHb calculation taken from: Gomez C. et al (2005) "Expired air carbon monoxide concentration in mothers and their spouses above 5ppm is associated with decreased fetal growth." Preventive Medicine 40 pp 10-15.

IMPORTANT!

You must change the **D-piece™** at least once a month!



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