

Smokerlyzer®

Interpretation Guide



Adult

COppm %COHb

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

Adolescent/ Maternity

COppm %FCOHb

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

Having a reading in this zone indicates you may well be a **regular smoker** with higher levels of CO in your blood. Do not despair! Help is at hand and your stop smoking advisor can help you to give up smoking and reduce your reading down into the target "Green Zone"

Having a reading in this zone would indicate a **light smoker** or a **non-smoker** breathing in poor air quality or passive smoke inhalation. Your stop smoking advisor will be able to advise on the best course of action to reduce this reading down to the target "Green Zone"

This is where you really need to be!

It means you have less than 1% Carbon Monoxide (CO) in your blood. Most people have a small amount of CO in their breath, this is due to the air quality around you.

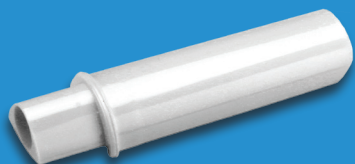
References:

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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