

Smokerlyzer[®] COmpact[™]



Breath Carbon Monoxide Tester



scientific contributions to health

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Smokerlyzer[®] COcompact[™]

Carbon Monoxide

Carbon Monoxide or CO is a poisonous gas that has no colour and no smell. It is one of the products of combustion and is found in car exhaust fumes and in tobacco smoke.

COcompact[™] Smokerlyzer[®] - Bridging the Gap

The COcompact[™] Smokerlyzer[®] Breath Carbon Monoxide tester offers the opportunity for health professionals with limited budgets to offer breath testing as part of their smoking intervention.

Designed to complement Bedfont's well established professional range, the inexpensive COcompact[™] Smokerlyzer[®] is an excellent way to further extend your quit smoking services into areas such as midwifery, occupational health, schools and health visiting. It is also a great way to increase referrals to your quit smoking clinics.

The COcompact[™] Smokerlyzer[®] is a simple device that gives an indication of smoking status through 7 level indicators, which are also used for the breath hold countdown. The tester uses single-use disposable mouthpieces that address cross-infection risks.

Quit Smoking health professionals will still want to use the advanced features of Bedfont's existing Smokerlyzer[®] family of monitors. However, the COcompact[™] Smokerlyzer[®] allows cost effective CO breath testing to be made available to a much wider audience.

1. Jamrozik, Vessey, Fowler, Wald, Parker, Vunakis. (1984): Controlled trial of three different antismoking interventions in General Practice. British Medical Journal, 1984; 288: 1499-1503
2. Jarvis, Belcher, Vessey, Hutchinson. (1986): Low Cost Carbon Monoxide Monitors in Smoking Assessment. Thorax, 1986; 41:



Helping Smokers to Quit

The COcompact[™] Smokerlyzer[®] can be used as an effective quit smoking aid. It allows the smoker to determine their level of nicotine dependence and can be successfully used as a motivational tool during the quit attempt. Clinical tests have proven that smokers are more successful at kicking the habit if a breath carbon monoxide monitor is used in conjunction with their quit smoking programme.¹

Bedfont have been recognised for 20 years as world leaders in the support of smoking cessation programmes using breath CO monitors. The Smokerlyzer[®] range is clinically proven and has become the benchmark used throughout the world by health professionals working in smoking cessation programmes and research.

Carbon Monoxide Harms the Body

CO is inhaled into the lungs from polluted or smoky air or from inhaling tobacco smoke. CO is absorbed into the blood from the lungs. It binds to haemoglobin in red blood cells about 200 times as readily as oxygen. CO deprives the body of oxygen and the body needs oxygen to live.

Smokers can have between 2% - 10% of their normal blood oxygen taken up by CO. To compensate for the shortage of oxygen the body has to work harder with less fuel.

A simple test with a CCompact™ Smokerlyzer® CO breath tester gives an indication of the amount of CO in the blood.² When you stop smoking the level of carbon monoxide in the blood falls almost immediately.

Stop Smoking Book

An authoritative stop smoking book written by quit smoking specialist Nicola Willis is available. The book is designed to work hand-in-hand with the tester and provides useful information on carbon monoxide and smoking and a wide range of quit smoking subjects. (Re-order code: CON-BOOK-V)

One-Way Mouthpiece

The tester uses single-use disposable mouthpieces, which incorporate one-way valves that address cross-infection risks.

One-way mouthpiece (Re-order code: COMPACT-MP-V)



Display Indicator	Display Approx. ppm Range	Typical Smoking Status
7	>50	Dangerously addicted smoker
6	36-50	Heavily addicted smoker
5	26-35	Addicted smoker
4	16-25	Frequent smoker
3	11-15	Smoker
2	7-10	Danger zone
1	0-6	Non-smoker

Interpreting the Reading

Carbon monoxide in the breath is measured in parts per million (ppm). The CCompact™ Smokerlyzer® gives 7 levels of reading, one for each indicator. Each level represents a range of ppm. The diagram above gives the ppm range for each indicator and the typical smoking habit associated with that reading.



Quick Start Guide

A simple step by step guide to using the tester

step 1 Attach a new one-way mouthpiece by pushing firmly onto the unit.

Hold the unit in your hand with the front facing you.

Push the blue tab on the top upwards, then release it (avoid pushing the tab down). As you do this take a deep breath and hold it.

Note - The indicators change from grey to black.

1

Lift and release to switch on and hold breath

step 2 Continue holding your breath until the display indicator lights count down from 7 to 1 (this takes about 15 seconds).

step 3 When indicator light number 1 is flashing, blow slowly into the mouthpiece. After blowing, the indicator displays your level of carbon monoxide with the relevant flashing indicator light (7 being the highest, 1 the lowest).

Note - To get another reading you must start again from Step 1 by pushing the tab and holding your breath for 15 seconds. Always use a new mouthpiece with each new user.

Switch off - Leave the unit alone and it will switch itself off.

Further Information - For a quick interpretation of the reading see inside this leaflet.

Important - The unit should be cleaned with a damp cloth or alcohol-free wipes that can be ordered direct from Bedfont. Do not clean with wipes containing alcohol, it may cause serious damage. (Re-order code; WIPE-V)



Compact
smokerlyzer
CO TESTER

7
6
5
4
3
2
1
ON

2
Indicator displays

On indicator (black while unit is on)

3

Blow into the mouthpiece

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