



# Lung Age

MODEL 4000



Instructions for Use

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# 1. Main Components of the Vitalograph Lung Age

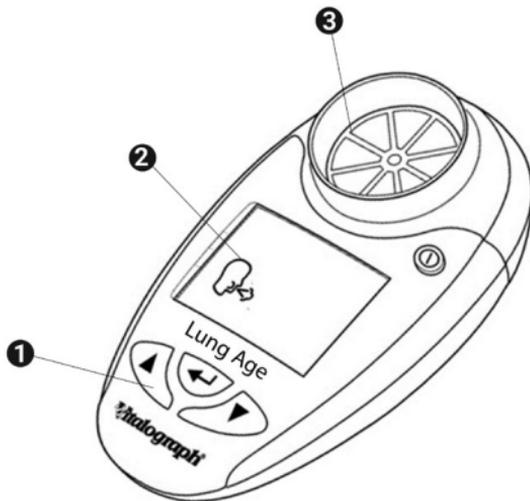


Figure 1 Vitalograph Lung Age Components

1	User Buttons
2	Display
3	Flowhead
▼	Down Button
▲	Up Button
←	Enter Button

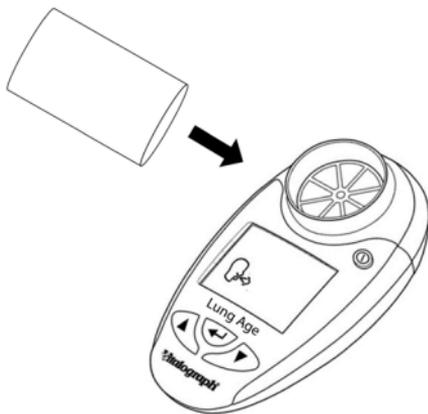
## 1.1. Features of the Vitalograph Lung Age

- Interprets lung age to help illustrate the impact of smoking on the lungs
- Measures FEV1, displays FEV1 as % of predicted value
- Zones indicate abnormality level
- Automatically calculates best FEV1
- Can be used with SafeTway mouthpieces
- Language independent
- Automatically assesses test quality

## 2. Setting Up the Vitalograph Lung Age

To get the Vitalograph Lung Age ready for use:

1. Remove the detachable battery door at rear of unit. Fit two AAA 1.5V batteries. Replace battery door.
2. Turn on via the  On/Off Button. (The same button is used to power down.)
3. Attach a mouthpiece to the flowhead, see Figure 2.



*Figure 2. Mouthpiece inserted into flowhead*

4. Vitalograph intends that a new Eco Bacterial Viral Filter (Eco BVF) be used for every subject to prevent cross contamination. Using a new Eco BVF provides a significant level of protection of the subject, the device and the user against the risk of cross contamination during spirometry manoeuvres. Eco BVF and SafeTway mouthpieces are single use items and must be disposed of after use.

### 3. Operating Instructions

If the device has just been unpacked or transported, ensure that it is left sitting, fully powered and is at room temperature prior to testing.

#### 3.1. Entering Subject Data

The subject's physical data should be entered into the device in order to calculate predicted data. There are default values on the device for age, height, and gender. If default values are used instead of the subject's own information, then the predicted data will not be accurate for the subject being tested.

To enter subject data:

1. Turn device on. 
2. Set subject's age (  ) by pressing the  or  button to reach the correct age. Age increases/decreases in values of 1. If the button is kept depressed, the values scroll faster. Press  to save the age.
3. Set subject's height (  ) by pressing the  or  button to reach the correct height. Height increases/decreases in values of 1. If the button is kept depressed, the values scroll faster. Press  to save the height.  
Note: if height values are set below 100, the device assumes height is in inches and that Weight will be in lbs rather than Kg.
4. Set subject's gender (  ) by pressing the  or  button and releasing when appropriate gender shows: Male (  ) or Female (  ). Press  to save the gender. The device will go to Test Mode showing the Blow Icon.

#### 3.2. Performing the Test

1. Turn the device on. 
2. The blow icon shows when the device is ready for a test (  ).
3. Put a SafeTway or Eco BVF filter onto the device.

4. The subject should sit down to blow into the device (unless a physician advises otherwise).
5. Instruct the subject to hold their head high and hold the Vitalograph Lung Age ready in front of the mouth, see Figure 3.

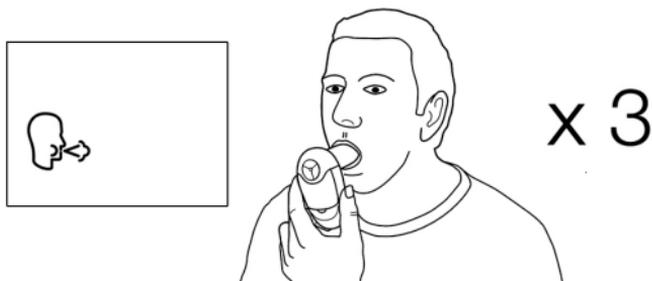


Figure 3. Holding device during test.

6. Instruct subject to
  - a. Breathe in as deeply as possible.
  - b. Hold the breath.
  - c. Place the mouthpiece into the mouth (biting the mouthpiece lightly and sealing the lips firmly around it).
  - d. Blow out as HARD and FAST as possible until told to stop (the unit will beep at end of test - after 6 seconds).
  - e. Repeat the blow two more times.
7. Instruct the subject not to block the mouthpiece with tongue or teeth. A 'spitting' action will give false readings.
8. The display shows the estimated lung age.
9. Pressing ▲ or ▼ will show FEV1 and % of predicted FEV1.
10. The Obstructive Index (OI) shows on the left-hand arrow.
  - 0 – Green is NORMAL. In general, a spirometry is not required.
  - 1, 2 or 3 – Yellow, orange or red are not normal. A medical spirometry examination is recommended.

Notes on testing:

1. During testing, an exclamation mark (!) indicates a poor-quality blow and the user should blow again. Reasons for poor quality are:
  - a. Slow Start of test: Vext (extrapolated volume) is > 5% or 150mL of FEV6
  - b. Cough detected.
2. If the subject experiences side effects such as dizziness or fatigue during the test procedure, stop testing until recovered.

### 3.3. Reviewing Last Session Test Results

The Vitalograph Lung Age always stores the last test session, even after the device has powered itself down or has been switched OFF.

To view the last test session:

1. Turn the device on. 
2. When the device is ready for age entry (  ), press  button for approximately 3 seconds. The last test session (best results) data will show again.
3. When you have reviewed the data, press the OFF button for 3s.  
OR  
Press . The device returns to the age entry screen.

## 4. Power Management

The Vitalograph Lung Age operates with 2 AAA 1.5V disposable batteries. If the battery symbol flashes the batteries should be replaced. Replace batteries by removing the battery door on the underside of the device.

**Note:** *Dispose of used batteries safely.*

## 5. Cleaning & Hygiene

The Vitalograph Lung Age is not designed or supplied as a 'sterile' device. Keep the device clean and dust free. If you suspect the device is damaged or is measuring incorrectly, contact your medical professional immediately.

The Vitalograph Lung Age should continue to give reliable measurements for up to three years in home use including telemedicine applications. It should then be replaced with a new device.

### **5.1. Cleaning in Single Patient Environment**

For single patient use, the plastic mouthpiece may be used. Weekly cleaning of the mouthpiece, outside surfaces and flowhead of the device is recommended. A cloth impregnated with 70% isopropyl alcohol may be used. The plastic mouthpiece may be washed in warm soapy water and then rinsed in clean water. The device should be cleaned before and after an extended period of storage.

### **5.2. Preventing Cross-Contamination of Subjects in Clinic use**

For multi-patient use in a clinic or telemedicine environment Vitalograph recommends the use of Eco BVF filters or, if these aren't available then SafeTway mouthpieces may be used based on the customer own risk assessment and hygiene controls.

Before use by the next subject, the mouthpiece, outside surfaces and flowhead of the device should be cleaned with a cloth impregnated with 70% isopropyl alcohol. The device should be cleaned before and after an extended period of storage. If you suspect that a device intended for multi-patient use has become contaminated, it should be replaced.

When used in the clinic environment, it is recommended that the device be replaced annually. There is no planned preventive maintenance for this medical device.

## **6. Fault Finding Guide**

<b>Problem Fault Symptoms:</b>	<b>No flow measurements</b>
Possible Solutions: (In probable order)	The batteries may be low. Replace the batteries.  The flowhead may be damaged. Check that the rotating vane is spinning freely.

<b>Problem Fault Symptoms:</b>	<b>Cannot read user interface</b>
Possible Solution:	The batteries may be low. Replace the batteries.

## 7. Customer Service

For further assistance, setting up, using or maintaining the device or to report unexpected operations or changes in performance, contact Vitalograph, using the contact information at the start of this manual. Also contact the healthcare provider on any changes to the performance of the device, as a precaution.

Service and repairs should be carried out only by the manufacturer, or by Service Agents approved by Vitalograph. Contact information for approved Vitalograph Service Agents may be found at the start of this manual.

Any serious incident that has occurred in relation to the device should be reported to Vitalograph or its Authorized Representative and the Regulatory Authorities of the country. Refer to the Vitalograph contact information at the start of this manual.

## 8. Consumables and Accessories

<b>Cat. No</b>	<b>Description</b>
28501	Eco BVF (100)
28572	Eco BVF + Disposable Noseclips (80)
20242	SafeTway Mouthpieces (200)
20303	Disposable Noseclips (200)
20980	SafeTway Mouthpieces mini (50)
20991	SafeTway Mouthpieces long (130)
40167	Pouch Spare (x10)

## 9. Disposal

The device must be taken to separate collection at the product end-of-life. Do not dispose of these products as unsorted municipal

waste. The pouch can be disposed of in unsorted municipal waste. Used Eco BVFs and SafeTways, constitute minimally soiled waste from human healthcare and should be disposed of in line with local requirements. Eco BVFs are made from 100% polypropylene.

## 10. Explanation of Symbols

Symbol	Description
	Type BF equipment
VA	Power rating
v 	Direct current
	Instructions for Use; operating instructions
	Manufacturer
	Date of Manufacture (include date in format yyyy-mm-dd)
	The device must be taken to separate collection at the product end-of-life. Do not dispose of these products as unsorted municipal waste
	Attention (reference relevant section in manual)
	Serial Number
	Device Order Number
	Use by Date (Date format yyyy-mm-dd)
	Keep Dry
	Do not re-use

Symbol	Description
	Non sterile
	Recycle
	QR code - matrix bar code. All information in the bar code is included in the text under it
<b>Other Labels</b>	
	Battery status Battery status Full Battery status Half Battery status Quarter Battery status Empty (flashing)
	Blow Now Symbol
	Bad Test Symbol
	Lung Age
	Age Icon
	Height Icon
	Gender Icon

## 11. Description of the Vitalograph Lung Age

The Vitalograph Lung Age is a device which compares a subject's FEV1 with predicted normal values to calculate the subject's 'lung age'. A high lung age in relation to the subject's chronological age can illustrate the likely negative impact of continued smoking on lung function and encourage smoking cessation. Identification of a

reduction in FEV1 can provide early warning of lung damage at the pre-symptomatic stage, when smoking cessation is most effective.

The Vitalograph Lung Age displays the following for clinical interpretation:

- FEV1 and FEV1 % Predicted
- Lung Age

If an abnormal result is indicated, an arrow on the display shows the Obstructive Index.

### 11.1. Indications for Use

The Vitalograph Lung Age is a hand held respiratory monitor intended to measure lung function parameter FEV1. It is designed for lung function testing of adults and children, 5 years and older. The measurements obtained from the device form part of the various findings of a physician in the detection, diagnosis and control of chest diseases.

## 12. Technical Specification

<b>Product</b>	Respiratory Monitor Lung Age
<b>Model</b>	4000
<b>Dimensions</b>	109mm (length) x 63mm (width) x 42mm (height)
<b>Weight</b>	63g (not including batteries)
<b>Flow Detection Principal</b>	Stator/rotor
<b>Accuracy:</b>	Better than $\pm 3\%$
<b>Flow Impedance:</b>	Better than 0.15kPa/L/s at 14L/s
<b>Back pressure</b>	Less than 0.15kPa/L/second @ 14L/s
<b>Measurement Range:</b>	0 – 9.99 L BTPS
<b>Power Supply:</b>	3V (2 x 1.5V AAA batteries)

<b>Battery Life</b>	3 months of use, 3 tests per day (Batteries near the end of their shelf life will have reduced capacity.)
<b>Product Life</b>	6 Years for the main device. The Eco BVF, SafeTway & nose clips are 7 years.
<b>! Bad Test Criteria:</b>	Slow start of test (Vext>5%) or a cough detected in the first second
<b>Operating temperature range</b>	17 – 37°C
<b>Operating humidity range</b>	30%–75%
<b>Ambient pressure range</b>	850hPa–1060hPa
<b>Performance Standards:</b>	ATS/ERS 2019, ISO 23747:2015, ISO 26782:2009
<b>Safety standards</b>	EN 60601-1, EN 60601-1-11
<b>EMC Standards</b>	EN 60601-1-2
<b>QA/GMP standards</b>	EN ISO 13485, FDA 21 CFR 820, CMDR SOR/98-282, JPAL, MDSAP.
<b>Auto power down time</b>	Set to 2 minutes as standard

### 13. Contraindications, Warnings, Precautions and Adverse Reactions

1. No modification of this equipment is allowed. Any unauthorised changes to the device may compromise product safety and/or data and as such Vitalograph cannot be held responsible and the device will no longer be supported.
2. The device should only be used under the supervision of a healthcare professional.
3. The device is not designed as a sterile device. Always follow the safety guidelines given by the manufacturer of cleaning and disinfectant chemicals.

4. If used for multiple subjects, Vitalograph intends that a new Eco Bacterial Viral Filter (Eco BVF) be used for every subject to prevent cross contamination. Using a new Eco BVF provides a significant level of protection of the subject, the device and the user against the risk of cross contamination during spirometry manoeuvres. An Eco BVF is for single use only.
5. Spirometry is a valuable tool that provides important information to clinicians which is used together with other physical findings, symptoms, and history to reach a diagnosis (ATS/ERS 2019). And as such, spirometry may support or exclude diagnosis, but it cannot make one.
6. Take care not to block the mouthpiece with the tongue or teeth during testing. A 'spitting' action or cough will give false readings.
7. Subject fatigue may occur during testing depending on the subject's characteristics e.g. age, health status. For safety reasons, testing should be preferably done in the sitting position, using a chair with arms and without wheels. Subject can also take a break between tests.
8. All values displayed are expressed as BTPS values.
9. Time zero is determined using the back-extrapolated method, from the steepest part of the curve.
10. Symptoms must take precedence over device measurements. If the patient at home thinks that the device is not reading correctly, they must advise the healthcare professional immediately.
11. Do not expose the device to liquids other than cleaning liquids specified.
12. Keep device dry. If the device gets wet, do not use it, and contact Vitalograph using the contact information at the start of this manual. Do not connect any part of this device to mains power as there is a risk of injury especially if the device is wet.
13. The device is not intended to be used in the presence of flammable liquids or gases, dust, sand or any other chemical substances.
14. Service and repairs should be carried out only by the manufacturer or by Service Agents specifically approved by Vitalograph.

15. RF communications equipment (including peripherals such as antenna cables and external antennas), which emit electromagnetic fields, should be used no closer than 30 cm (12 inches) to any part of the device, including cables specified by Vitalograph. Otherwise, degradation of the performance of this equipment could result.
16. The device is a Type BF applied part. The subject comes into contact with the device, mouthpiece, SafeTway or Eco BVF during use.
17. Take care during battery replacement. An AAA battery is a potential choking hazard for a small child. Adult supervision is required at all times, when a child is using the device. The battery door, when removed, has pointed corners which may present a risk of injury.
18. The batteries should be removed if the device is intended to be stored or left unused for an extended period of time.
19. Only approved accessories from the manufacturer should be used with the device. It may be unsafe to use accessories, detachable parts and materials not described in this document.
20. Non-Medical Electrical equipment used with the device, should comply with its relevant IEC or ISO standard.

## 14. CE Notice



Marking by the symbol <sup>2797</sup> indicates compliance of the Vitalograph Model 4000 Lung Age to the Medical Devices Directive of the European Community.

The Vitalograph Model 4000 Lung Age is intended for use in a variety of professional healthcare environments, e.g. primary care, hospital wards and occupational health centres, except for near active high frequency surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of electromagnetic disturbance is high. The customer or the user of the Lung Age should assure that it is not used in such an environment.

The Model 4000 Lung Age has been tested in accordance with:

EN60601-1:2006 + A1:2013

Medical electrical equipment. General requirements for basic safety and essential performance

EN 60601-1-11: 2015

Medical electrical equipment. General requirements for basic safety and essential performance. Collateral Standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment.

EN 60601-1-2: 2015

Medical electrical equipment - Part 1-2: General requirements for basic safety and essential performance - Collateral Standard: Electromagnetic disturbances - Requirements and tests.

<b>EN 60601-1-2 - Emissions tests</b>		
<b>Emissions test</b>	<b>Compliance</b>	<b>Electromagnetic environment - guidance</b>
RF emissions CISPR 11	Group 1	The Model 4000 Lung Age uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The Model 4000 Lung Age is suitable for use in all establishments, including domestic establishments.

<b>EN 60601-1-2 Immunity tests</b>		
<b>Immunity test</b>	<b>Test level</b>	<b>Compliance level Reached</b>
Electrostatic discharge (ESD) EN 61000-4-2	Contact: $\pm 8$ kV Air: $\pm 2$ kV, $\pm 4$ kV, $\pm 8$ kV, $\pm 15$ kV	Contact: $\pm 8$ kV Air: $\pm 2$ kV, $\pm 4$ kV, $\pm 8$ kV, $\pm 15$ kV
Radiated RF EN 61000-4-3	3 V/m 80MHz to 2700MHz	3 V/m 80MHz to 2700 MHz
Proximity fields from RF devices EN 61000-4-3	9 to 28V/m 385 to 5785MHz As per Table 9 EN60601-1-2:2015	9 to 28V/m 385 to 5785MHz As per Table 9 EN60601-1-2:2015

Medical Devices may be affected by mobile RF communications equipment including cellular telephones and other personal or household devices not intended for medical facilities. It is recommended that all equipment used near the Vitalograph product comply with the medical electromagnetic compatibility standard and to check before use that no interference is evident or possible. If interference is suspected or possible, switching off the offending device is the normal solution, as is required in aircraft and medical facilities.

Medical electrical equipment needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided.

## **15. FDA Notice**

***Caution: Federal Law restricts this device to sale by, or on the order of a physician.***

## 16. EU Declaration of Conformity

Product: Respiratory Monitor 4000, Lung Age

Vitalograph hereby ensures and declares that the above product associated with these instructions for use, is designed and manufactured in accordance with the following QMS regulations and standards:

- European Medical Devices Directive (MDD) 93/42/EEC, as amended.

This device is classified as IIa per Annex IX of the MDD also meets the provisions of the Essential Requirements, Annex I, via compliance with Annex II of the Medical Devices Directive as per Article 11, section 3a, excluding point 4 of Annex II.

- EN ISO 13485 Medical devices. Quality management systems. Requirements for regulatory purposes.

Certifying Body: British Standards Institute (BSI).  
BSI Notified Body #: 2797  
Certificate Nos. CE 00772, MD 82182



Signed on behalf of Vitalograph (Ireland) Ltd.

A handwritten signature in black ink that reads 'Frank Keane'.

Frank Keane.  
CEO, Vitalograph Ltd.

## 17. Guarantee

Subject to the conditions listed below, Vitalograph Ltd. and its associated companies, (hereinafter called the Company) guarantee to repair or at its option replace any component thereof, which, in the opinion of the Company is faulty or below standard as a result of inferior workmanship or materials. The conditions of this guarantee are:-

1. This Guarantee shall only apply to hardware defects which are notified to the Company or to its accredited distributor within 1 year of the date of purchase of the equipment, unless otherwise agreed in writing by the Company.
2. Software (meaning computer software, or user installable modules) is guaranteed for 90 days from the date of purchase.
3. The Company warrants that the software when correctly used in conjunction with the hardware will perform in the manner described in the Company's literature and user manuals. The Company undertakes to rectify at no expense to the customer any software failure notified within the period stated above, provided that the failure can be recreated and the software has been installed and used in accordance with the user manual. Notwithstanding this clause, the software is not warranted to be free of errors.
4. This Guarantee does not cover any faults caused by accident, misuse, neglect, tampering with the equipment, use of consumable items or parts not approved by the Company, or any attempt at adjustment or repair other than by personnel accredited by the Company, nor does it cover reinstatement of any configuration changes caused by the installation of any software.
5. If a defect occurs please contact the supplier from whom it was purchased for advice. The Company does not authorize any person to create for it any other obligation or liability in connection with Vitalograph® equipment.
6. This Guarantee is not transferable and no person, firm or company has any authority to vary the terms or conditions of this guarantee.
7. To the maximum extent permitted by law, the Company does

not accept liability for any consequential damages arising out of the use of, or inability to use any Vitalograph® equipment.

8. This Guarantee is offered as an additional benefit to the Consumer's statutory rights and does not affect these rights in any way.

