

Using a Peak Flow Meter

A peak flow meter measures how well you are able to push air out of your lungs. You can use it to find out if your airways are getting tighter.

Your peak flow reading helps tell you if your asthma symptoms are under control, if they are getting worse, or if you need emergency care. By keeping a record of your peak flow numbers and using an Asthma Action Plan, you and your doctor can make decisions about how to best manage your asthma.

Follow These Steps:

- 1 • Stand up or sit up straight.
 - Slide the marker to 0.
 - Do not cover the numbers on the meter with your fingers.
- 2 • Take in a deep breath with your mouth open.
 - Quickly close your lips around the tube. Do not put your tongue in the hole.
 - Blow out once, as fast and as hard as you can.
- 3 • Take the meter out of your mouth.
 - Find the number where the marker stopped.
 - Mark this number on your peak flow tracking sheet.
 - Slide the marker back to 0.

Then:

- Take 2 more readings.
- Mark each number on your peak flow tracking sheet.
- Circle the highest number. This is your peak flow number.
- Check your Asthma Action Plan to see which medicine you should take.



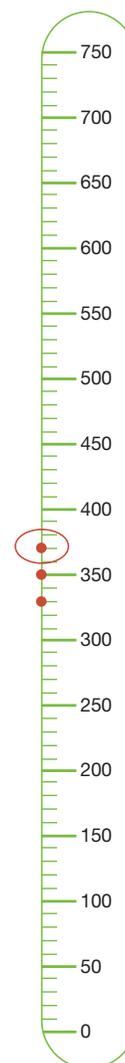
Slide marker to 0



Take a deep breath; make a seal with your lips; blow out



Take 3 peak flow readings



REMINDER: Use your peak flow meter as directed by your doctor. Try to take the readings at the same time of the day.