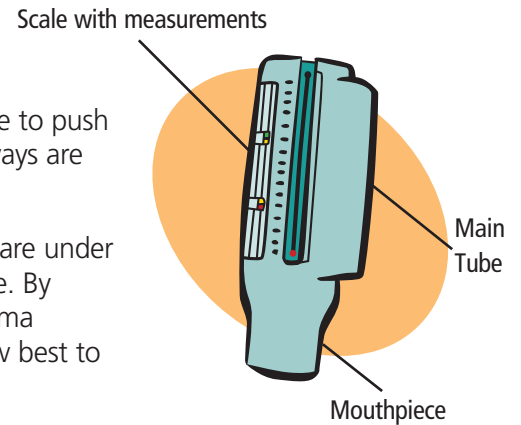




Using a peak flow meter

A peak flow meter is a tool that measures how well you are able to push air out of your lungs. You use it to find out how open your airways are and when your asthma may be getting worse.

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 best to manage your asthma.



There are different kinds of peak flow meters. All of them have a mouthpiece, a main tube, and a scale with measurements on it. You should always use the same peak flow meter to take your peak flow reading.

To take a peak flow reading, follow these four steps...

Step 1

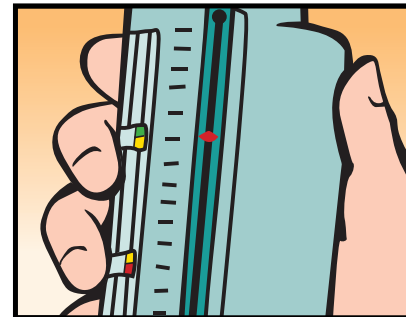
- Slide the marker to 0.
- Stand or sit up straight.
- Hold the meter in one hand. Do not cover the numbers with your fingers.

Step 2

- Take a big breath with your mouth open.
- Quickly close your lips around the mouthpiece. Do not put your tongue in the hole.
- Blow out once through your mouth, as fast and as hard as you can.

Step 3

- Take the mouthpiece out of your mouth.
- Find the number where the marker stopped.
- Put a mark next to this number on your peak flow tracking sheet.



Step 4

- Slide the marker back to 0.
- Do the test 2 more times.
- Put a mark next to each number on your peak flow tracking sheet.
- Then circle the highest number. This is your peak flow number to report.
- Compare this number with your Asthma Action Plan to find out which medicine you should be taking.

REMINDER: Take your peak flow reading when you wake up and before you go to bed every day, or as directed by your doctor.

