

USING A PEAK FLOW METER

A peak flow meter will help you check how well your lungs are working and whether your medicine is helping. Using a peak flow meter every day will help let you know when your asthma is getting out of control.

1. Stand or sit up straight.



M. Tsutsumi

2. Move the marker on the peak flow meter to the bottom of the scale.



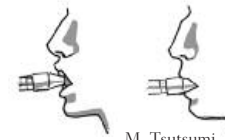
M. Tsutsumi

3. Take a deep breath. Fill your lungs all the way.



M. Tsutsumi

4. Place the mouthpiece in your mouth, between your teeth. Close your lips around it. Do not put your tongue inside the hole.



M. Tsutsumi

5. Blow out as hard and as fast as you can; like you do when you blow out birthday candles.



M. Tsutsumi

6. Look at the marker and write down the number you get.



M. Tsutsumi

7. Repeat the entire process two more times.

8. Record the highest of the three numbers in an asthma diary.

9. Check to see which zone your number is in and follow your care plan instructions for that zone.