

# Your Health Checklist: Monitoring with a Peak Flow Meter

A peak flow meter is a device that can help you track and manage your asthma. This device measures how much air you can expel with every breath.

Follow this checklist to help you monitor your asthma with a peak flow meter.

**Do:** Find your personal best peak flow.

When you receive a meter and are feeling healthy, use it every day for 2 weeks. The highest reading over those 2 weeks is your personal best peak flow. Note this in your asthma diary.

**Do:** Test your breathing three times in a row when using your peak flow meter daily.

Record the highest number you get at that day and time in your asthma diary.

**Do:** Measure your peak flow at the same time every day.

**Do:** Compare your peak flow for each day with your personal best peak flow to see how well your asthma is being managed.

**Do not:** Use a reading if you cough, spit, or block the mouthpiece at all during the test. Just repeat the test.

**Do not:** Record a number that is drastically different than the other two readings.

**Do not:** Forget to clean your meter. It should be cleaned with warm soapy water once a week.

A peak flow meter can help you monitor your asthma and control your symptoms. If you have questions about how to use your peak flow meter, talk to your healthcare provider.