

# How to use your Peak Flow Meter

When you have asthma, you may need to use a peak flow meter to monitor how well your lungs are working every day.

Let's use it now...

Step 1. Get into the position your doctor recommends, usually a standing position. Use the same position each time you use your peak flow meter.

Step 2. Set the meter to zero by sliding the marker down as far as it will go.

Step 3. Take a deep breath in through your nose.

Step 4. Hold your breath, place the meter in your mouth and seal your lips around the mouthpiece. Blow out once as hard and as fast as you can. If you cough or block the airway, start again.

Step 5. Write down the number you reach on your peak flow meter. Test your airflow three times in a row to find your peak flow for that date and time.

Let's try that again.

Use the same position each time you take your peak flow.

Set the meter to zero by sliding the marker down as far as it will go.

Take a deep breath in through your nose.

Seal your lips around the mouthpiece and blow out as hard and fast as you can. If you cough or block the airway, start again.

Write down the number. Test your airflow 3 times in a row to get your peak number.

Knowing your peak flow each day can help you to take the steps you need to manage your asthma.