

## WHAT IS PEAK FLOW?

- ⇒ Peak flow is a measurement of how quickly you can blow air out of your lungs
- ⇒ If your airways are inflamed you won't be able to blow out so quickly and your score will be low
- ⇒ If you manage to blow out quickly and forcefully you should get a high score
- ⇒ This tells you your airways are open and working well.

## YOU NEED TO CHECK YOUR PEAK FLOW:

- ⇒ Every day, twice a day to get a useful pattern of scores
- ⇒ At the same times of day, in the morning and in the evening
- ⇒ Before you take your asthma medication otherwise it will change the score
- ⇒ Using your best effort each time you blow into the meter so you're comparing like with like
- ⇒ Using the same peak flow meter each time

## HOW TO USE YOUR PEAK FLOW METER AND DIARY:

- ⇒ Put the pointer back to the first line on the scale
- ⇒ Stand, or sit upright (choose what's easiest for you and always do it this way)
- ⇒ Take a deep breath
- ⇒ Make sure your mouth makes a tight seal around the mouthpiece
- ⇒ Blow as hard and fast as you can into the meter
- ⇒ Write down your score (the number next to the pointer)
- ⇒ Do this 3 times in a row so you get 3 scores - and use the highest of these scores to fill in your diary

# mission<sup>TM</sup>abc

## TAKING CONTROL

## Peak Flow Diary



Name: .....

Address: .....

D.O.B.: ...../...../.....

Hospital Number: .....

