Peak Flow Meter

A peak flow meter measures how fast air moves out of the lungs. This is a good way to check changes in your airways from asthma before you may feel them. Then you can take your medicines early to stop these changes and avoid a severe asthma attack. Use a peak flow meter as directed by your doctor.

How to use your peak flow meter:

1. Connect the mouthpiece to the peak flow meter.

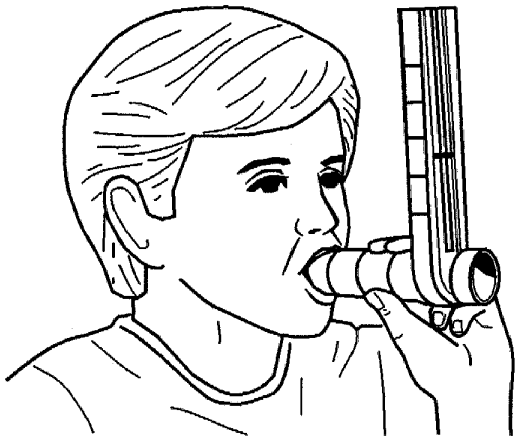
2. Move the mark to zero.

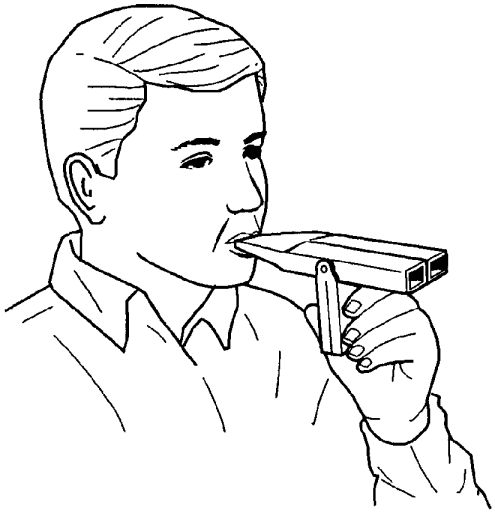
3. Hold the meter with the thumb and the forefinger of one hand.

4. Stand up or sit up straight.

5. Take in a deep breath.

6. Close your lips tightly around the mouthpiece.





7. Blow out as hard and fast as you can into the mouthpiece with one blow.

8. Write down the number. If you cough or make a mistake, reset the mark

to zero and do it again.

9. Do this 3 times. Record the highest of the three readings.

10. Clean the mouthpiece with soap and water.

What the Reading Means

- **Green Zone**—means your peak flow shows your lungs are working well. Your medicine is working and you can go ahead with your daily activities.
  Your green zone is readings above_____.

- **Yellow Zone—**means your lungs are working harder. Your medicine may need to be changed. Take the action your doctor has ordered for you or call your doctor. Use caution in your daily activities.
  Your yellow zone is readings between _____ and _____.

- **Red Zone**—means you are having breathing problems and your asthma is not under control. Go to the doctor or call 911. You need treatment **right away**.
  Your red zone is readings below _____.

Some meters have color markers that can be set to show your target zones.

Your doctor or nurse can help you figure out your target zones, based on your readings when your asthma is controlled. You may need to check your readings for several days and then bring them with you to the doctor's office or clinic. Your target zone may be different than another person's because of your size, age and lung function.

Talk to your doctor or nurse if you have any questions or concerns.

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