

A peak flow meter measures how well you are breathing. You can use it to find out if your airways are getting tighter. It works even before you have signs of a flare-up, like coughing or wheezing.

How to use your peak flow meter

1. Slide the blue marker to 0.
Stand up.
Hold the meter in one hand
2. Take a big breath in with your mouth open.
Quickly close your lips around the tube.
Do not put your tongue in the hole.
Blow once, as fast and as hard as you can.
3. Take the meter out of your mouth.
Find the number where the marker stopped.
Write this number down.
4. Slide the marker back to 0.
Do the test two more times.
Write each number on your tracking sheet.
Circle the highest number. This is your peak flow for today.