

How to use a Peak Flow Meter



Asthma Education Clinic
4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2345 • 1-888-300-3088
www.bcchildrens.ca

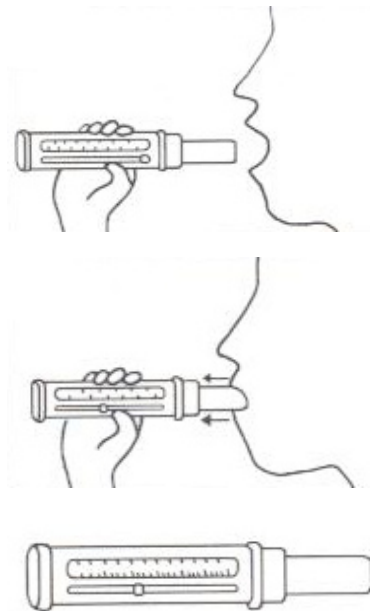
CUE WORDS

1. Stand up straight
2. Put **pointer** to zero
3. Take a **deep breath** in and hold
4. **Seal** mouth on mouthpiece (may pinch nose; keep tongue and teeth out of the way)
5. **Blow out** hard and fast; don't cough into the meter
6. **Repeat** steps 1-5 three times and record the highest reading.

Suggested age: Peak flow meters can be used by children over 5 year.

Tips: Use first thing in the morning and before bed before using inhaled medicine.

A peak flow meter is a small handheld tool that measures how fast air can flow out of the lungs when blowing out. This tool can help track changes in the airways before an asthma attack happens. The narrower the airways, the lower the peak flow reading will be. Not everyone with asthma needs to use a peak flow meter. It can help people with severe asthma and those who have trouble knowing when their asthma symptoms are getting worse.



1. Stand up straight – hold meter straight (keep fingers away from the vent holes and the moveable arrow if the Peak flow meter has holes on the side).
2. Put pointer to zero
3. Take a deep breath in and hold
4. Seal mouth on the mouthpiece. Do not put your tongue inside the mouthpiece. (May pinch nose with other hand)
5. Blow out as hard and fast. More of a huff than a blow. (don't cough into the meter)
6. Repeat steps 1-6 three times and record the highest reading.

Peak flow meter readings and symptoms should be used together with an asthma action plan provided by your doctor. An action plan explains how and when to use asthma medications.

Note: Always use the same peak flow meter as numbers may vary between devices.

Cleaning Instructions: Follow package instructions.

*Developed by the Certified Asthma Educators of the Asthma Education Clinic
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