

## Introduction

A peak flow meter is a tool that measures how well air moves out of your lungs. During an asthma episode, the airways become smaller. The peak flow meter can be used to determine if the airways are getting smaller, even before any asthma symptoms begin. By taking asthma medicine early (before symptoms) you may be able to stop the flare up quickly or prevent it all together.

A peak flow meter reading will help you decide if you are beginning to have an asthma episode, decide when to seek emergency care or decide if your asthma has been brought under control.

## How to use a peak flow meter:

1. Slide the marker down as far as it will go. This sets the meter to zero.
2. Stand up.
3. Take a deep breath with your mouth open.
4. Put the meter in your mouth and quickly close your lips firmly around the tube.  
Do not put your tongue in the hole.
5. Blow hard once as fast as you can.
5. The marker will go up and stay up. Find the number where the marker stopped.
6. Repeat these steps twice more.
7. Look at the 3 numbers you wrote down. Now write the highest number on your tracking sheet or diary.

You can use your peak flow reading with your asthma action plan to help determine what asthma zone you are in.