

What's your zone?

Personal best (PB#) _____



Feeling Good

_____ x .80 = _____
(PB#) (80%)

Range _____ - _____
(80%) (PB#)



Not Feeling Good

_____ x .50 = _____
(PB#) (50%)

Range _____ - _____
(50%) (80%)



Feeling Awful

Range 0 - _____
(50%)

Tips on using your Meter

- Remember that your personal best number can change over time. For children, retake their personal best number every 6 months, as changes occur with growth. For adults, this can be done once a year.
- Take your test in the same position (stand, sit), and about the same time of day every time.
- Cleaning helps keep the meter accurate. Be sure to clean the meter every time you use it. To clean, follow the manufacturer's directions.
- Peak flow meters can break once in a while. If your number is in the *awful zone* but you feel fine take the meter to your doctor, it may need to be fixed.
- When you use a quick-relief inhaler, test your lungs before and after. If the number is higher after the inhaler, your medication is working.
- With markers, color pieces of tape. Place the tape on your peak flow meter to indicate your *feeling good, not feeling good and awful zone*. This will help you quickly identify which zone you are in.

FOR ASTHMATIC PATIENTS

Peak Flow Meters



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Write these numbers on your asthma action plan

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Peak Flow Meter—what is it?

A peak flow meter is an easy tool to measure your lung function. Think of it as a thermometer for your asthma. The peak flow meter measures the ability of your lungs to breath out quickly to see how your asthma is doing.

The meter has a marker that moves along a numbered scale. This marker moves when you breathe out.

Why use it

You may not always feel the early changes taking place in your airways because the changes take time to occur.

You should use a peak flow meter to keep track of how your asthma is doing. Your meter can let you know hours or even a day before you may have an asthma attack. This way you and your doctor can take steps to prevent the attack from occurring.

Use the meter before and after times when you have trouble breathing. If you sometimes feel shortness of breath when exercising, test your lungs before starting. If your number is low you may want to adjust your workout.

A lower number means that your asthma is getting worse and you may need to take more medicine or be careful of triggers. The earlier you know, the sooner you can take action to prevent an attack.

By knowing your numbers, your doctor can adjust your medications over the phone instead of a visit to the emergency room.

Picture yourself blowing down a house, not blowing bubbles.



How to use it

For two weeks use the peak flow meter twice a day (morning and afternoon) and write down your numbers. This will help you determine your personal best peak flow. If your asthma is not under control now, wait until it is better before testing. Numbers are often higher when asthma is under control and during the midday or early evening.

1. Stand or sit up straight.
2. Place the marker to 0, or the lowest point on the scale.
3. Take a deep breath in.
4. Place the mouthpiece between your teeth. Close your lips tightly around it.
5. Blow out as hard and as fast as you can without bending over.
6. Look at the number and write it down.
7. Repeat two more times, be sure to move the marker back to 0 each time.
8. Keep a record of the highest of the three numbers.
9. Clean the peak flow meter.

After you determine your personal best, you may only need to record your peak flow number once a day. Talk to your doctor to find out how often you should use a peak flow meter. If you have moderate, severe or unstable asthma record the number more often. Check your number daily if you:

- Are exposed to triggers
- Have a cold or infection
- Made any recent changes in medication or treatment