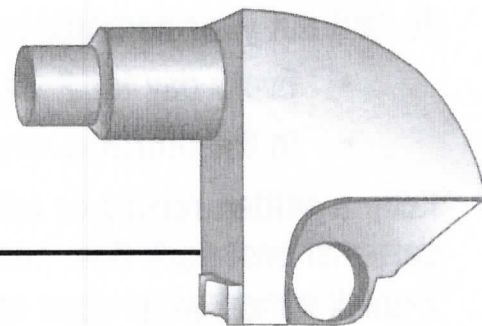


# Peak Flow Meters

## Information Sheet

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The peak flow meter measures the maximum speed of air that comes out of your lungs when you breathe out. It can help you to know when you might have an asthma episode—hours and even days before you have any symptoms.

The peak flow meter is very easy to use. Usually, the readings are taken right after waking up in the morning (before taking medicine). Your doctor will tell you how often and when to use your peak flow meter.

### *How to Use a Peak Flow Meter*

Hold the peak flow meter in your hand. (Your peak flow meter may look different from the one shown here.)

1. Move the pointer to the bottom of the numbered scale (zero).
2. Stand up.
3. Take a deep breath.
4. Place the meter in your mouth and close your lips around the mouthpiece. Do not put your tongue inside the hole.
5. Blow out as hard and fast as you can.
6. Write down the number where the pointer landed.
7. Repeat steps 3 to 6 two more times.
8. Write down the highest reading you got. This is your peak flow number.

### *Your Personal Best Peak Flow Number*

It is important to find out your personal best peak flow number. Each person's asthma is different, so your personal best peak flow number may be different from another person's personal best number. Your doctor will use this number to determine your asthma control plan.

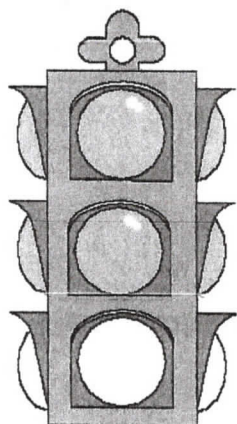
To find out your personal best peak flow number, take peak flow readings:

- Every day for 2 weeks
- In the morning when you wake up (before taking medicine)

Keep a written record or asthma “daily diary” of these peak flow numbers. Your personal best peak flow number is the highest peak flow number you get over the 2-week period when your asthma is under good control. Good control means that you feel good and you do not have any asthma symptoms. Always take your asthma daily diary with you when you visit your doctor.

## What Are Peak Flow Zones?

Once you know your personal best peak flow number, your doctor can develop your asthma control plan. This control plan should be divided into three zones—green, yellow and red. Your doctor will provide you with the peak flow meter reading ranges for each zone. These zones are set up like a traffic light.



- Peak flow numbers that fall in the green zone are good. Continue taking your regular medicines.
- Yellow zone numbers mean that you may have an asthma episode soon and you should take the medicines your doctor has ordered for this zone.
- Red zone numbers mean that an asthma episode is under way. If your peak flow number falls in the red zone, you should follow your doctor's orders for this zone. Call your doctor if your peak flow number does not return and stay in the yellow or green zone.

## Keeping a Daily Diary

Always keep a written record or daily diary of your peak flow numbers. Your doctor will need this information to prescribe the right medicines for you and tell you when to take them. Your asthma daily diary will help your doctor maintain an asthma control plan that is right for you.

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