

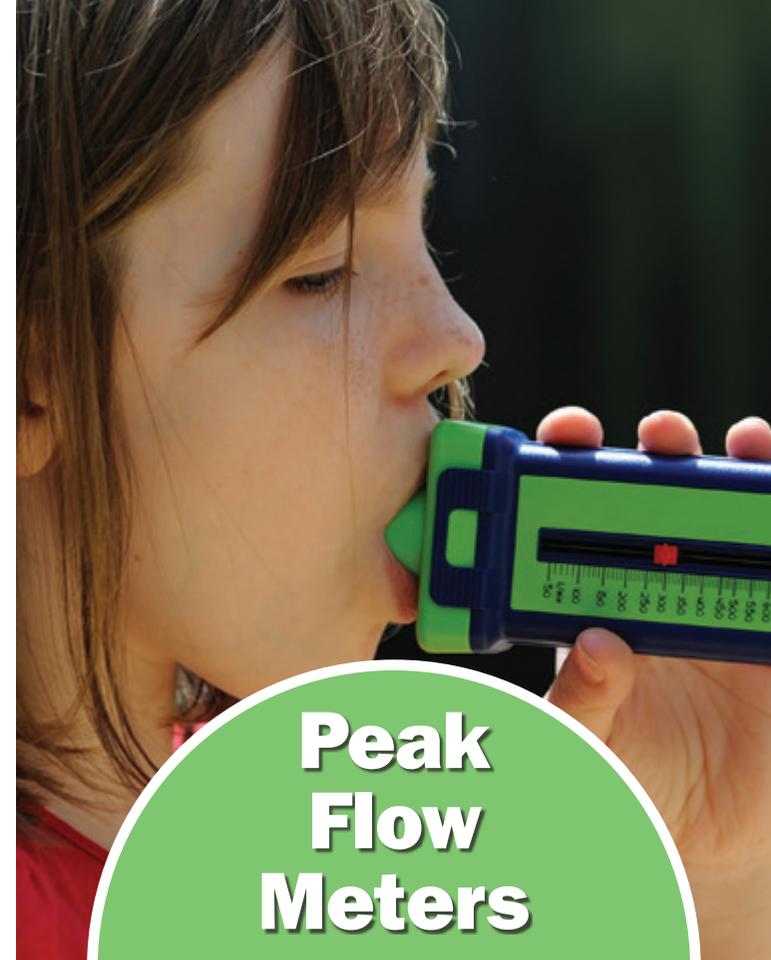
Peak Flow meters are available free from your practice nurse or doctor.

REMEMBER

- Peak flow is only one way of monitoring your asthma.
- It is more important to take notice of asthma signs like cough, wheeze, breathlessness and chest tightness, rather than rely on peak flow measurements alone. If you think your asthma is getting worse, follow your asthma management action plan, or see your family doctor.



For further information please contact your local asthma society



Peak Flow Meters

Information on
Peak Flow Meters

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Why use a Peak flow meter?

A peak flow meter is a device that you blow through: it measures how hard you can blow air out. This measurement can tell you if there is any narrowing of the airways in your lungs.

Measuring your peak flow will help you to manage your asthma. By recording the measurements on a chart, it is easy to see if your asthma is improving, stable or getting worse.

Peak flow readings can also help your practice nurse or doctor know how well your asthma medicines are working.

If your peak flow reading is close to your personal best, your asthma is well controlled.

If the reading is lower than your personal best, you need to take action.

(See asthma management action plan)

How do I use a Peak flow meter?

- Stand, or sit up straight
- Put the indicator on '0'
- Hold the meter level taking care not to cover the indicator with your fingers
- Breathe out, then take a deep breath in
- Put your mouth tightly around the mouthpiece
- Blow out through the meter as hard and fast as you can with a short sharp huff
- Check and record your reading
- Repeat this two more times

What do I do now?

Record the highest reading on your peak flow chart. Your nurse or doctor will show you how to do this. If your reading is not in the green zone check your asthma management action plan and follow the instructions.

Who needs a Peak flow meter?

Most children over the age of six can use a peak flow meter. Your nurse or doctor will provide you with one.

How do I look after it?

Your meter should be cleaned each week. Follow the cleaning instructions on your peak flow meter box.

