DEPARTMENT OF HEALTH AND HOSPITALS
Asthma Management and Prevention Program

Using Your Peak Flow Meter

Get Ready: Get a pencil and your peak flow chart.

1. Slide the marker down as far as it will go.
   This sets the meter to zero.

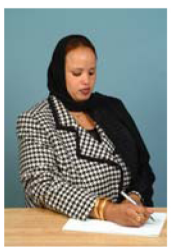
2. Stand up and take a deep breath with your mouth open.
   Hold the meter. Keep your fingers away from the numbers.

3. Close your lips around the tube.
   Do not put your tongue in the hole.
   Blow one time as fast and hard as you can.

4. The marker will go up and stay up. Do not touch the marker.
   Find the number where the marker stopped.

5. Write down the number.

6. Blow 2 more times. Slide the marker down each time.
   Write the number down each time.



7. Keep the highest number on a chart. Do this for 1-2 weeks.
   Show your doctor, nurse or asthma educator.