



Using a Peak Flow Meter


A peak flow meter tests how well air moves out of your lungs. It will help show you how your asthma is doing.

How does it work?

The peak flow meter has a sliding marker that moves when you blow into it. When you blow into the meter, the marker will stop on a number. To make it easier to read, your doctor will help you put green, yellow, and red stickers on the meter to mark zones.

 **Green zone** means your asthma is doing well.

 **Yellow zone** means you need to take your medicine.

 **Red zone** means you need to take your medicine and call your doctor right away.

Before you can mark the zones on the meter, you need to find your best score. To find your best score, blow into the meter 2 times a day for 2 weeks. Write down the numbers you get each time. Take the numbers to your doctor. Your doctor will then help you put the stickers on the meter in the right place.

How do I use the meter?

1. Stand up and breathe in as deep as you can.
2. Put your lips around the open end of the meter.
3. Blow out as hard and fast as you can. Do this 3 times.
4. Write down the date, time, and highest number you got.

When do I use the meter?

Your doctor may ask you to use your meter every day or a few times a week.

Blow in the meter in the morning before you take any medicine. If you are not in the green zone, use the meter again in the afternoon. Blow in the meter again at night before taking any medicine.

You should also use your meter when you have an asthma attack. Blow in the meter before and after using your medicine. This will show you if your medicine is working. Write down the numbers you get.