

## Peak Flow Meter

The peak flow meter measures how fast air can be exhaled (breathed out) in one breath. Measuring the peak flow regularly can help predict early signs of an acute asthma episode. Following color zones will indicate a plan of care.

### When to use the peak flow meter:

- Ideally, measure the peak flow before and after each bronchodilator treatment and if symptoms of an asthma episode occur.

### How to use the peak flow meter:

- Stand up if possible.
- Check to be sure that the indicator is at the bottom of the scale.
- Take as deep a breath as possible. Put the mouthpiece between your teeth and seal your lips. **DO NOT STICK YOUR TONGUE INTO THE MOUTHPIECE.**
- Blow out as hard and fast as possible. The marker indicates your peak flow measurement. Remember what this number is and blow 2 more times. Write down the highest number.
- Note what zone your highest number is and follow directions below:

#### Color zone intervention:

**Green** greater than \_\_\_\_\_. Routine care.

**Yellow** \_\_\_\_\_. Take a bronchodilator treatment and repeat peak flow. If still in the yellow zone, call your doctor for advice.

**Red** less than \_\_\_\_\_. **SIGNALS MEDICAL ALERT!** Take a second bronchodilator treatment. If still in the red zone, call your doctor immediately or go to a hospital emergency department.

- Chart your highest reading.