



What you need to know about...

Peak Flow Meters

Peak Flow Meters are a good tool to help you manage your asthma. Your healthcare provider can prescribe one for you.

Peak Flow Meters are usually used with a written action plan. This plan is written in partnership with your provider and will guide you on how to manage your asthma.

Cleaning Instructions

1. Clean Peak Flow Meter once a week.
2. Wash with warm water and a mild liquid soap.
3. Rinse gently and allow to air dry completely on a lint free towel.
4. Refer to your peak flow meter instructions for further information.

How To Use

1. Make sure to remove all food, candy and gum from your mouth.
2. Stand up straight.
3. Make sure the marker is set to zero.
4. Take a deep breath in.
5. Place the peak flow meter in your mouth and seal your lips tightly around the mouthpiece.
6. Blow out hard and fast into the meter.
7. Remove the peak flow meter from your mouth.
8. Look at your number and write it down.
9. Repeat all the steps above two more times.
10. Record the highest number into your log reached after the three attempts.

