

Using a Peak Flow Meter

A peak flow meter measures how well air moves out of your lungs. It can show if your child's airways are getting narrower. The peak flow can begin to fall BEFORE your child feels sick.

Peak flow meters come in all shapes and sizes:



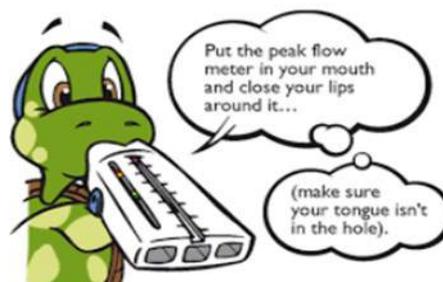
Why should my child use a peak flow meter?

- To know if their medicine plan is working well.
- To know when to add or stop medicine.
- To know when to seek emergency care.
- To know the triggers which cause their asthma to get worse

How to use a peak flow meter.

Before your child takes their medicine:

1. Place the indicator at the base of the numbered scale.
2. Stand up.
3. Take a deep breath
4. Place the meter in mouth with closed lips around the mouthpiece.
(Tongue should not be inside the hole.)
5. Blow out as hard and fast as you can.
6. Repeat steps 1 through 5 two more times.
7. Write down the highest of the three numbers reached.



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Peak Flow numbers with your asthma action plan

Your child's personal best peak flow number will be used to set the zones. The Asthma Action Plan will guide you on what to do when your child's peak flow number changes.

Care of peak flow meter

- Detach mouthpiece (if applicable) from the peak flow meter and soak in warm soapy water for 2-3 minutes.
- Agitate the meter to ensure thorough cleaning.
- Rinse in clean hot water and shake gently to remove any excess water.
- Place on a towel to dry. Do not insert cloth or paper towels into the meter to speed up the drying process.

Frequency: once a month. Clean thoroughly if the meter has not been used for some time.

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Peak Flow Calendar

Record peak flows twice a day, once in the morning and once in the evening for 14 days when your child's asthma is under control. The best number achieved will be considered your child's Personal Best.

Bring this calendar to your child's doctor's visits.

Name: _____

Personal Best: _____



Green Zone:
I feel good, breathing is easy, no cough or wheeze, can play

Yellow Zone:
I do not feel good. Add a relief medicine to feel better

Red Zone:
I feel awful. Take quick relief medicine and get emergency care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday