Using a Peak Flow Meter

A peak flow meter measures how well you are breathing. You can use it to find out if your airways are getting tighter. It works even before you have signs of a flare-up, like coughing or wheezing.

How to Use a Peak Flow Meter

Follow these steps to use a peak flow meter.

1. Slide the marker to 0.
   - Stand up.
   - Hold the meter in one hand. Keep your fingers away from the numbers.

2. Take a big breath with your mouth open.
   - Quickly close your lips around the tube. Do not put your tongue in the hole.
   - Blow once, as fast and as hard as you can.

3. Take the meter out of your mouth.
   - Find the number where the marker stopped.
   - Mark this number on your peak flow tracking sheet.

4. Slide the marker back to 0.
   - Do the test 2 more times.
   - Mark each number on your peak flow tracking sheet.
   - Then circle the highest number. This is your peak flow number today.

Notes

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