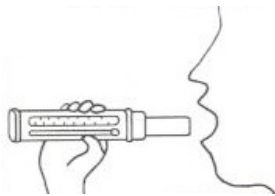




... use a Peak Flow Meter

Suggested age: Peak flow meters can be used by children over 5 year

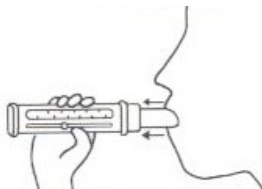
A peak flow meter is a small handheld tool that measures how fast air can flow out of the lungs when blowing out. This tool can help track changes in the airways before an asthma attack happens. The narrower the airways, the lower the peak flow reading will be. Not everyone with asthma needs to use a peak flow meter. It can help people with severe asthma and those who have trouble knowing when their asthma is getting worse. Peak flow meters should be used together with an action plan provided by your health care provider explaining how and when to use asthma medications.



1. **Stand up straight or sit upright**– hold meter straight horizontally (keep fingers away from the vent holes and the moveable arrow if the Peak flow meter has holes on the side).

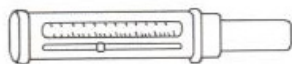
2. Put **pointer to zero**.

3. Take a **deep breath** in and hold.



4. **Seal** mouth on the mouthpiece. Do not put your tongue inside the mouthpiece. (May pinch nose with other hand)

5. **Blow out** as hard and fast. More of a huff than a blow. (Don't cough into the meter)



6. **Repeat** steps 1-6 three times and record the highest reading.

Note

- Always use the same peak flow meter as numbers may vary between devices.

Cleaning instructions

- Follow package instructions

Developed by the Department of Pharmacy and the Asthma Education Clinic with assistance from the Department of Learning & Development

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