

## How to use your peak flow meter

A peak flow meter is used to measure how well air moves out of your lungs. Measuring your peak flow using this meter is an important part of managing your asthma symptoms and preventing an asthma attack and should form part of your personal asthma action plan.

### Getting ready

- 1 Move the red indicator to the bottom of the scale.



- 2 Stand up

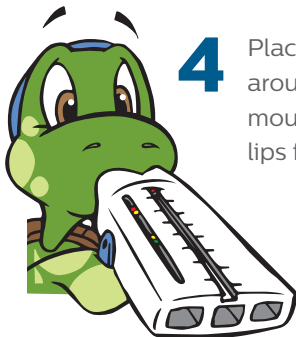


- 3 Breathe in as deeply as you can.

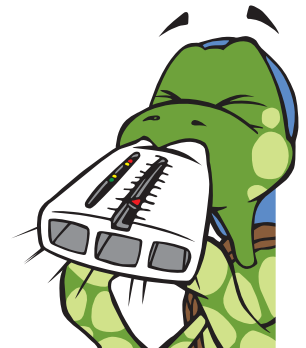


### Blow out hard and fast

- 4 Place your mouth around the mouthpiece so your lips form a tight seal.



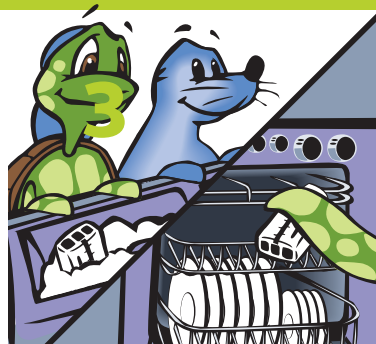
- 5 Blow as hard and fast as you can. The number where the indicator stops is your peak flow measurement\*. Take three readings and record the highest reading in your daily record chart.



### Cleaning your peak flow meter

- 1 Clean at least once every two weeks.

- 2 Immerse and agitate in warm soapy water for 2-3 minutes or place on the top rack only of your dishwasher.

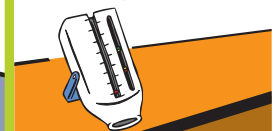


- 3 Rinse thoroughly.



- 4 Air dry completely prior to use.

- 5 Store meter at room temperature.



\*Spitting or coughing on expiration can produce false high readings.

Please refer to the Instructions for Use for detailed information regarding the use of your device.

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