

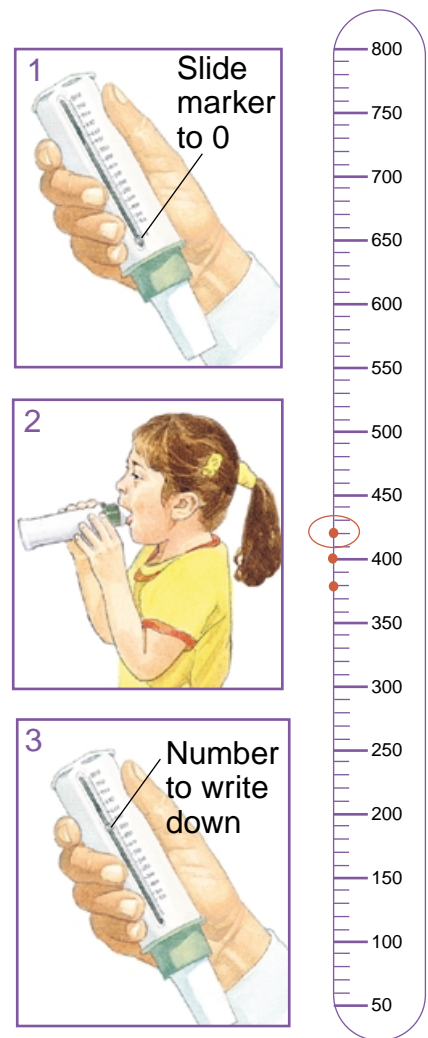
Using a Peak Flow Meter

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

This information is not intended as a substitute for professional medical care. Always follow your healthcare provider's instructions.

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