How To Use Your: **Peak Flow Meter**

1. Look inside the peak flow meter to make sure there is nothing stuck inside.

2. Hold the meter with the numbers facing you. If you are a child, the red scale selector should be all the way to the right. The numbers will range from 50-400. If you are an adult, slide the scale selector to the left. The numbers will range from 100-800.

3. Slide the red flow indicator button down to 50.

4. Hold your meter with your right hand by the grooved handle. Keep your fingers away from the path of the red flow indicator button.

5. Sit or stand up straight. Take as deep a breath in as possible.

6. Place the meter in your mouth keeping your lips tight around the mouthpiece. Do not put your tongue in the hole. Blow out as hard and fast as possible.

7. The red flow indicator button will move up. Look at the number on the scale beside the red button. Write the number down. Repeat steps 5 - 7 two more times. When you are finished, you will have used your peak flow meter a total of 3 times.

**Remember:** for adults, look at the numbers on the left side. For children, look at the numbers on the right side.

8. Use your asthma diary to write down the highest of the 3 numbers from step 7. Follow the instructions from your doctor, nurse or asthma educator about your peak flow number. Bring your asthma diary every time you see your doctor.

Additional instructions on the back

For more information, please see medication package insert.
To clean your meter:

- You should clean your meter once a week. Wash your meter in warm soapy water by moving it gently back and forth.

- Rinse gently with clean water, gently shake out excess water and place it upright to dry.

- Do not use a brush or cloth inside the meter.

- You can also clean your meter in a basket on the top rack of your dishwasher.

*These are set by your doctor, nurse or asthma educator based on your age, gender and height. These stoplight indicators will show you when to call your doctor.