

HELPFUL INFORMATION FOR ASTHMA PATIENTS

How to Use Your Peak Flow Meter

STEP 1

Make sure the marker is set to “0” or the lowest number on the peak flow meter’s scale before each use.

STEP 2

Remove anything from your mouth, including gum or any food. Stand up straight. Take as deep as a breath as you can. Place the mouthpiece of the peak flow meter into your mouth and close your lips tightly around the mouthpiece. Make sure that your tongue is away from the mouthpiece. Blow into the mouthpiece as hard and as quickly as possible.



STEP 3

Take the peak flow meter away from your mouth and note the number where the marker is on the scale. Move the marker back down to zero on the scale.

STEP 4

Repeat the entire routine about 2 to 3 more times to ensure that you are measuring your peak flow correctly.

STEP 5

Record the highest of all three numbers on your chart. This number is your peak flow result. (Remember **NOT** to take the average of the numbers. Just record the **highest** number.)

STEP 6

Measure your peak flow rate around the same time each day. You and your doctor will have discussed the best time to measure your peak flow rate. Also, make sure to measure before or after using medication every time you take your peak flow rate.

STEP 7

Keep a chart of your peak flow rates so you can discuss it with your health care provider.

IF YOU NEED ASSISTANCE

Please contact a Care Manager at BMC HealthNet Plan for help using your peak flow meter. Just call **1-888-566-0010**.