



Peak Flow Meters



Peak expiratory flow (PEF) meter measurements are designed to be a tool to help you manage your asthma. They are not meant to be a substitute for your physician orders to manage your asthma. PEF measurements are used as a tool to report an objective measurement along with symptoms you are having. You may use this information to help you and your doctor create an asthma action plan to let you know when to step up your treatment during an asthma crisis.

How to Use a Peak Flow Meter

1. Place the slide on the Peak Flow Meter at lowest level.
2. Stand tall.
3. Breathe in as deeply as possible.
4. Place the mouthpiece in mouth between your teeth with lips closed tightly.
5. Blow out as fast and hard as possible. (Do not cough into device.)
6. Record PEF measurement on device.
7. Repeat steps 1-6 and record the best of 3 measurements.

Management of Asthma with Peak Flow Meter

Peak flow measurements should be recorded twice daily for a two week period when you are well. Record measurements in your **Asthma Diary**. Obtain the **personal best** from this trend. Management of asthma can begin by comparing current symptoms and Peak Flow Measurements with your **personal best**. Your clinician can write a **Asthma Action Plan** for you based on these numbers and your symptoms so that you can better manage your asthma at home with your prescribed medications.

Green Zone: No asthma symptoms/Maintenance

- 80-100% personal best PEF
- Normal activities

Yellow Zone: CAUTION

- 60-80% personal best PEF
- Requires a step-up in treatment according to action plan prescribed by your clinician
- Call physician with results of step up treatment.

Red Zone: MEDICAL ALERT

- Less than 60% of personal best PEF
- Requires immediate medical attention if patient does not return to yellow or green zone with rescue bronchodilator treatment.
- Go to the emergency room or physician office



My personal Best

**My Green Zone Range
DOING WELL**

**My Yellow Zone Range
ASTHMA WORSENING**

**My Red Zone Range
EMERGENCY**

See your asthma action plan for what actions to take for each range.

How to use a peak flow meter video: <http://youtu.be/xjNRnba0L-0>