

How to use a peak flow meter

When you first get a peak flow meter, ask your GP, asthma nurse or pharmacist to show you how to use it and how to take a reading.


Take these steps to make sure you use your peak flow meter correctly:

1. Pull the counter back as far as it will go.
2. Stand or sit upright – choose what's most comfortable for you, and always do it that way.
3. Take the deepest breath you can.
4. Make sure your mouth makes a tight seal around the mouthpiece.
5. Blow as hard and fast as you possibly can into the meter.
6. Write down your score (the number next to the pointer).
7. Do this three times in a row so you get three scores (all three scores should be roughly the same).
8. Use the highest of these scores to fill in your peak flow diary.

How to take your peak flow reading

Asthma UK nurse, Suzanne, demonstrates how to use your peak flow meter to get a reading.

<https://www.youtube.com/watch?v=baLYBXcglmk>

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