Easy

PEAK FLOW METER

Standard Range / Low Range

How to record your peak expiratory flow rate

This meter was designed to make following your asthma treatment plan easy. Your doctor will set the color zone indicators to your personalized zones based on your personal best peak expiratory flow rate value (the best peak flow value you can achieve).

Note: Do not change the position of the color zone indicators yourself. If this should occur inadvertently, contact your doctor or specialist nurse for advice.

Reading should be taken twice a day, first in the morning and at bed time, or directed by your physician. When you blow into your peak flow meter, the indicator will rise to your peak flow value. Your peak flow measurement will fall into one of three zones.

Green – follow your regular medication plan, and go ahead with normal activities (80-100% of best reading).

Yellow – caution, your asthma might be worsening. Follow your medication instructions to get back to your green zone (50-80% of best reading).

Red – Medical alert, get medical advice and attention immediately (< 50% of best reading).

DAY	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
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