



Name \_\_\_\_\_

Primary care practice \_\_\_\_\_

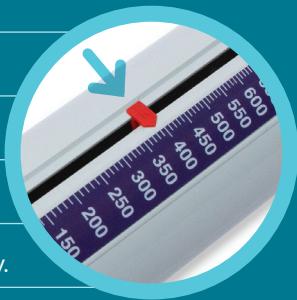
Regular asthma  
medications: Reliever \_\_\_\_\_

Preventer \_\_\_\_\_

Other \_\_\_\_\_

## How to use your peak flow meter

- 1 Sit or stand up straight.
- 2 Slide the marker of the peak flow meter to the starting point of the numbered scale.
- 3 Hold the meter level.
- 4 Keep fingers clear of the marker.
- 5 Take a deep breath in.
- 6 Place the mouthpiece in your mouth, between your teeth. Close your lips around it.
- 7 Blow out ("huff") as hard and fast as you can.
- 8 Note the reading.
- 9 Repeat steps 2 – 8, two more times.
- 10 Record the highest of the three readings in the diary.
- 11 Record this reading as a large dot on the chart. Each square on the chart represents 10 on your peak flow meter.



## How to use your peak flow and symptom diary and graph

Measure your peak flow every day, morning and night before taking your asthma medicine.

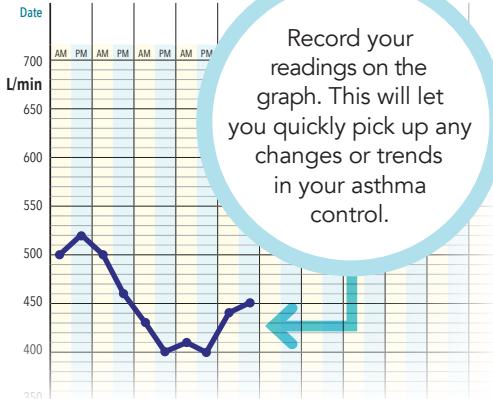
Record the highest of three peak flow readings and how you are feeling in the daily diary.

Your peak flow is a measure of how quickly you can blow air out of your lungs.

### Peak flow diary (2 WEEKS)

Date	AM	PM	Comments
1/4	500	520	Feeling good today
2/4	500	460	Sore throat/getting a cold
3/4	430	400	Need my reliever inhaler
4/4	410	400	Still needing reliever inhaler
5/5	440	450	Feeling a little better

### Peak flow graph (2 WEEKS)



How many times did I wake last night because of my asthma?	0	0	2	2	0			
How many puffs of my reliever did I take today?	0	3	5	5	2			
Were my activities affected by my asthma?	no	no	yes	yes	no			



Get to know your asthma. Know when it's changing and when you need to take action.

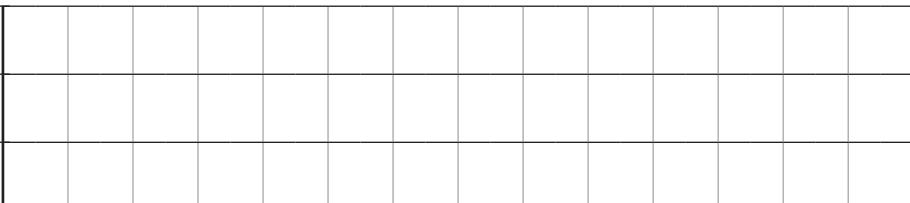
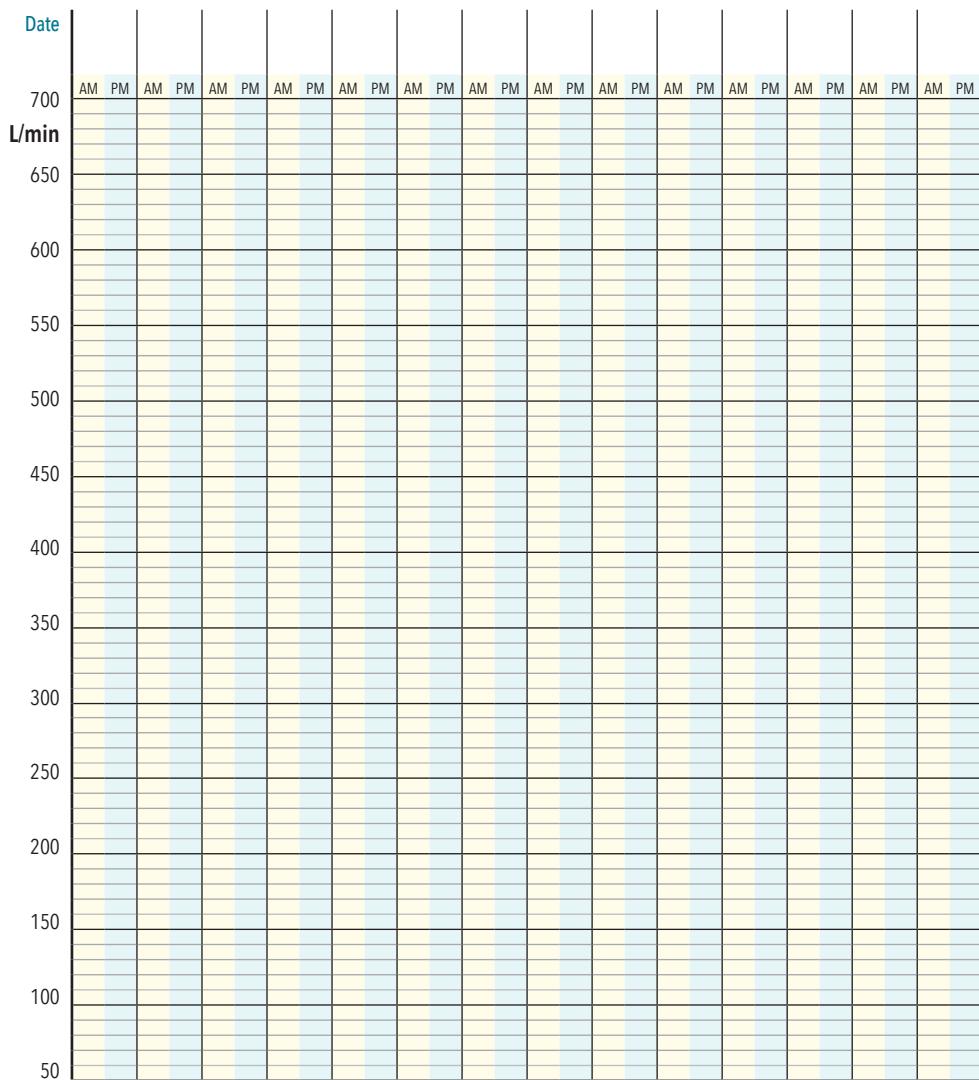
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How many times did I wake last night because of my asthma?

How many puffs of my reliever did I take today?

## Were my activities affected by my asthma?

# Peak flow graph (2 WEEKS)



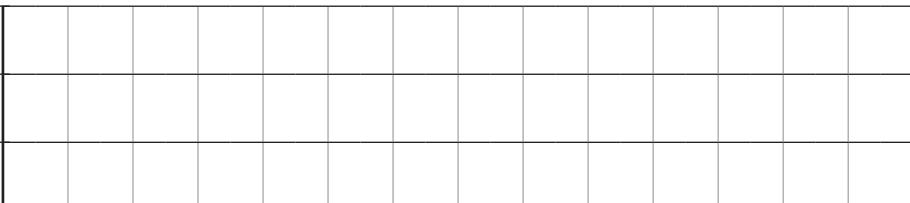
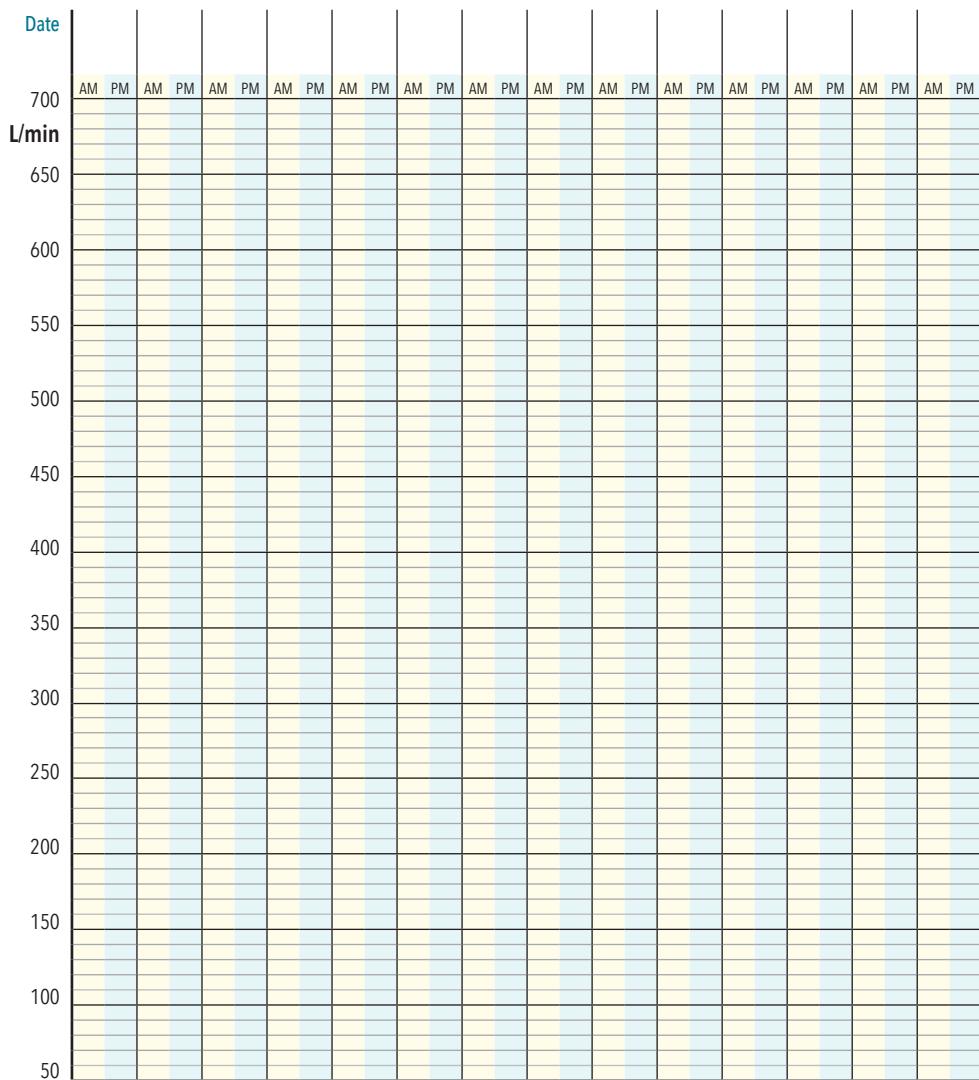
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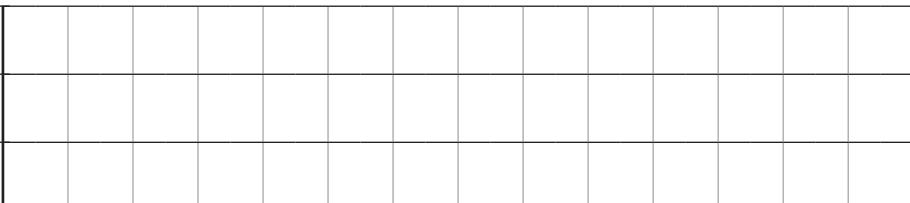
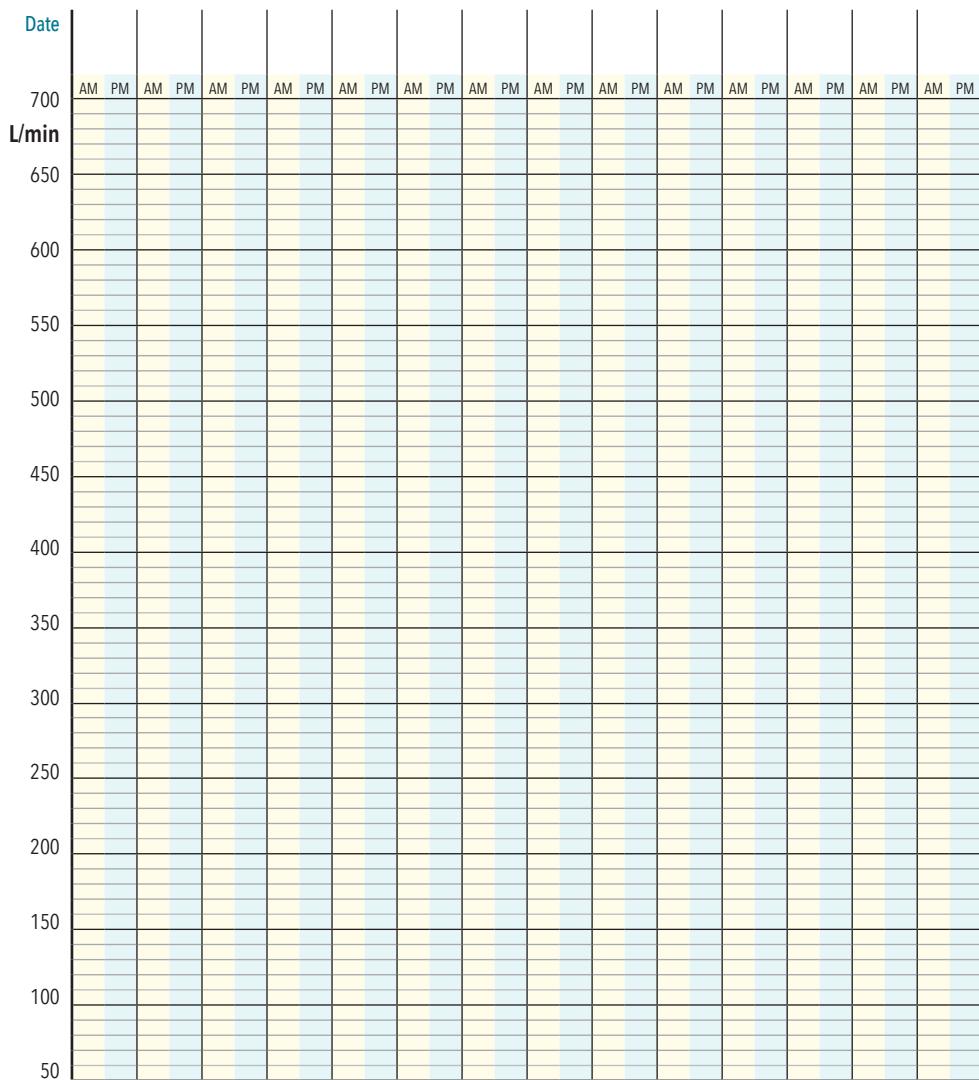
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# Peak flow graph (2 WEEKS)



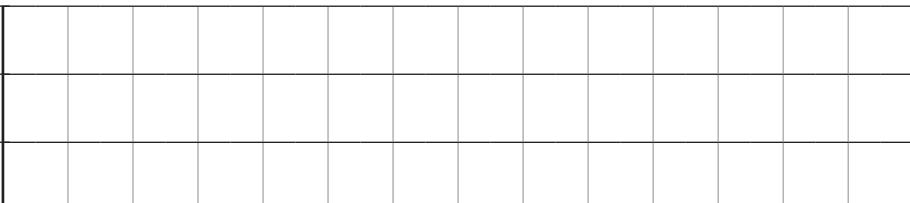
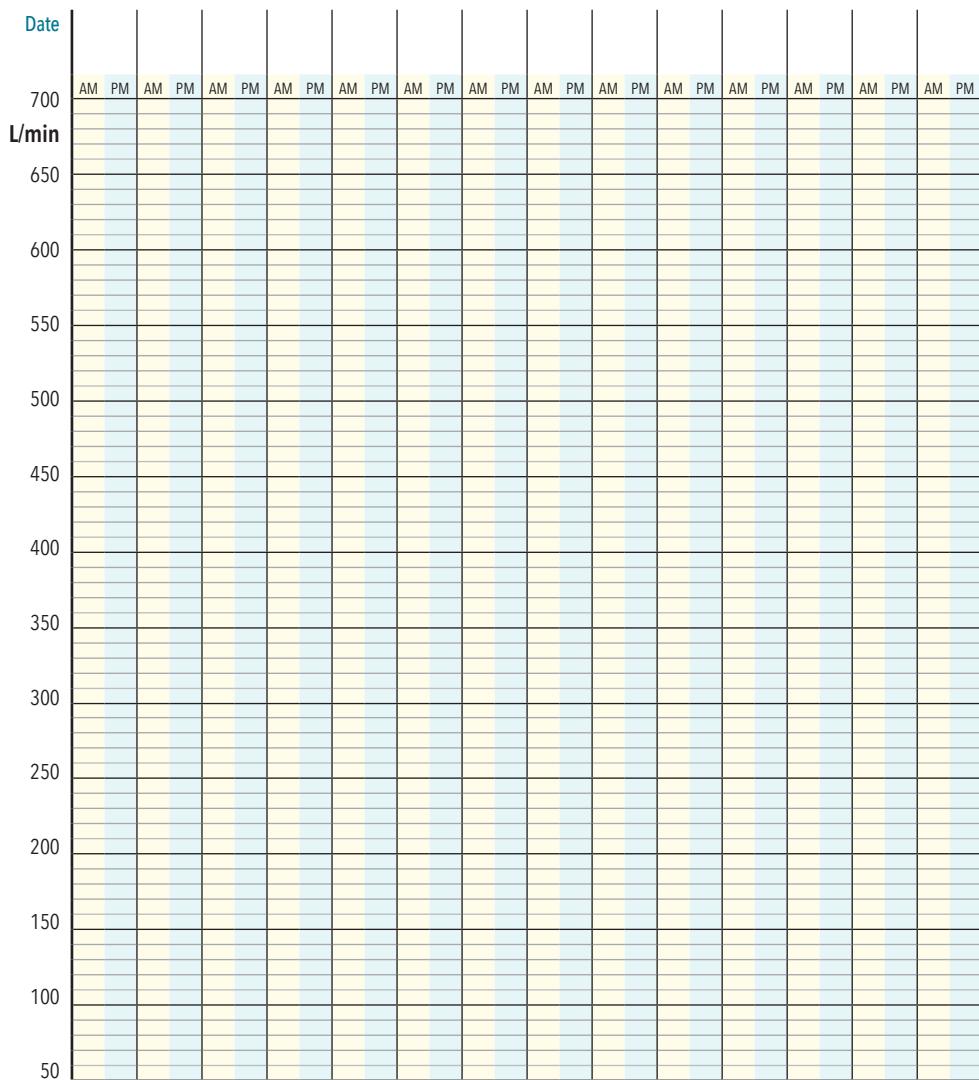
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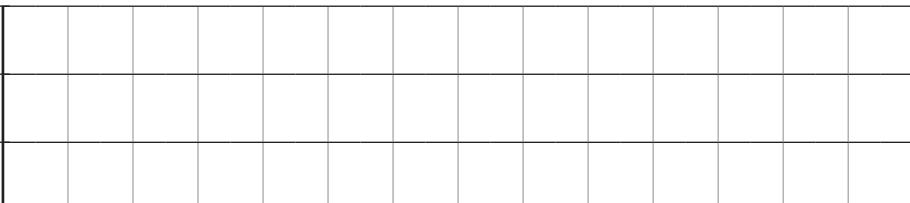
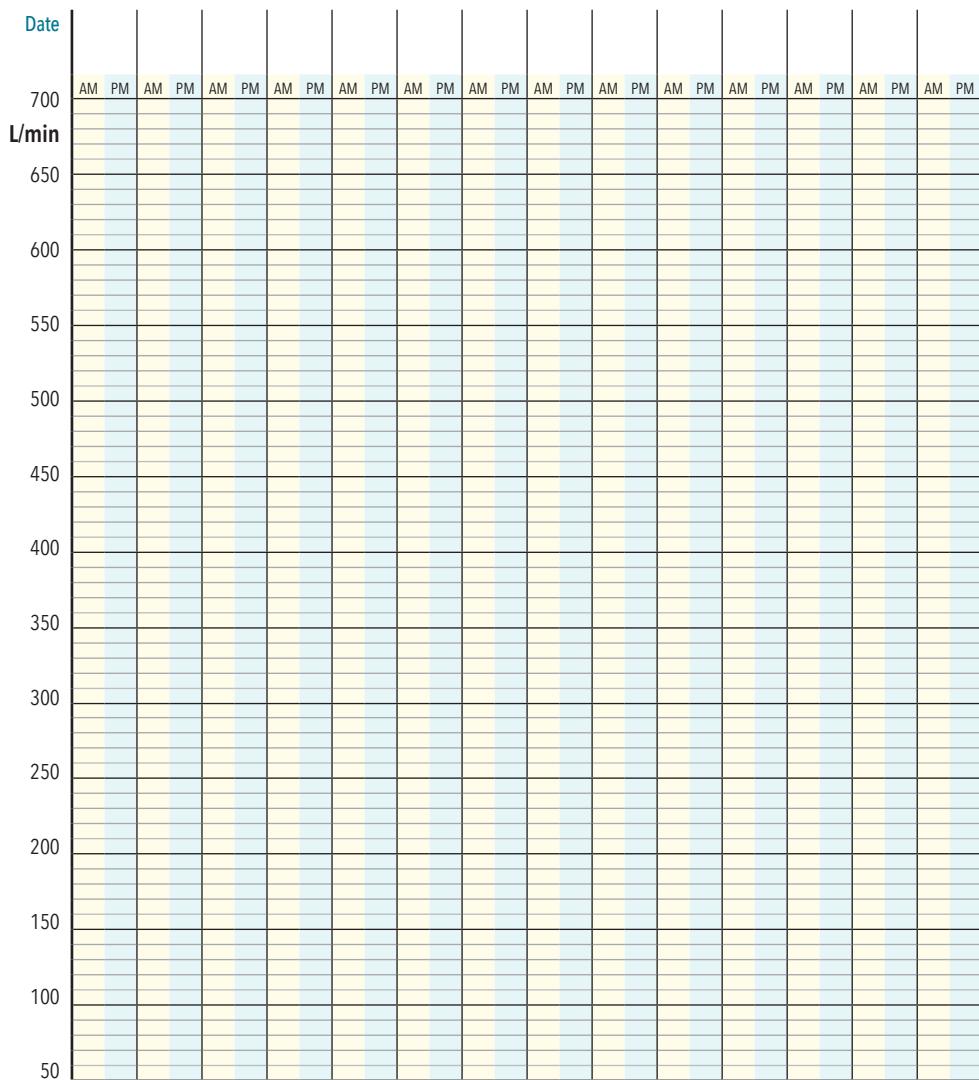
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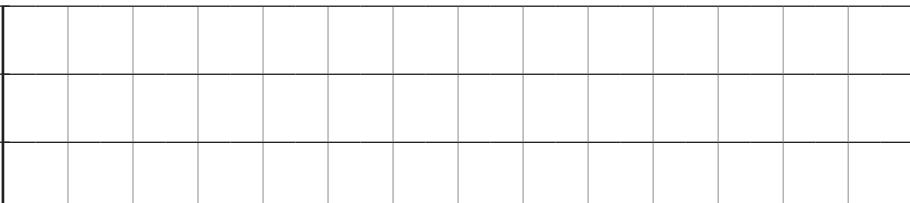
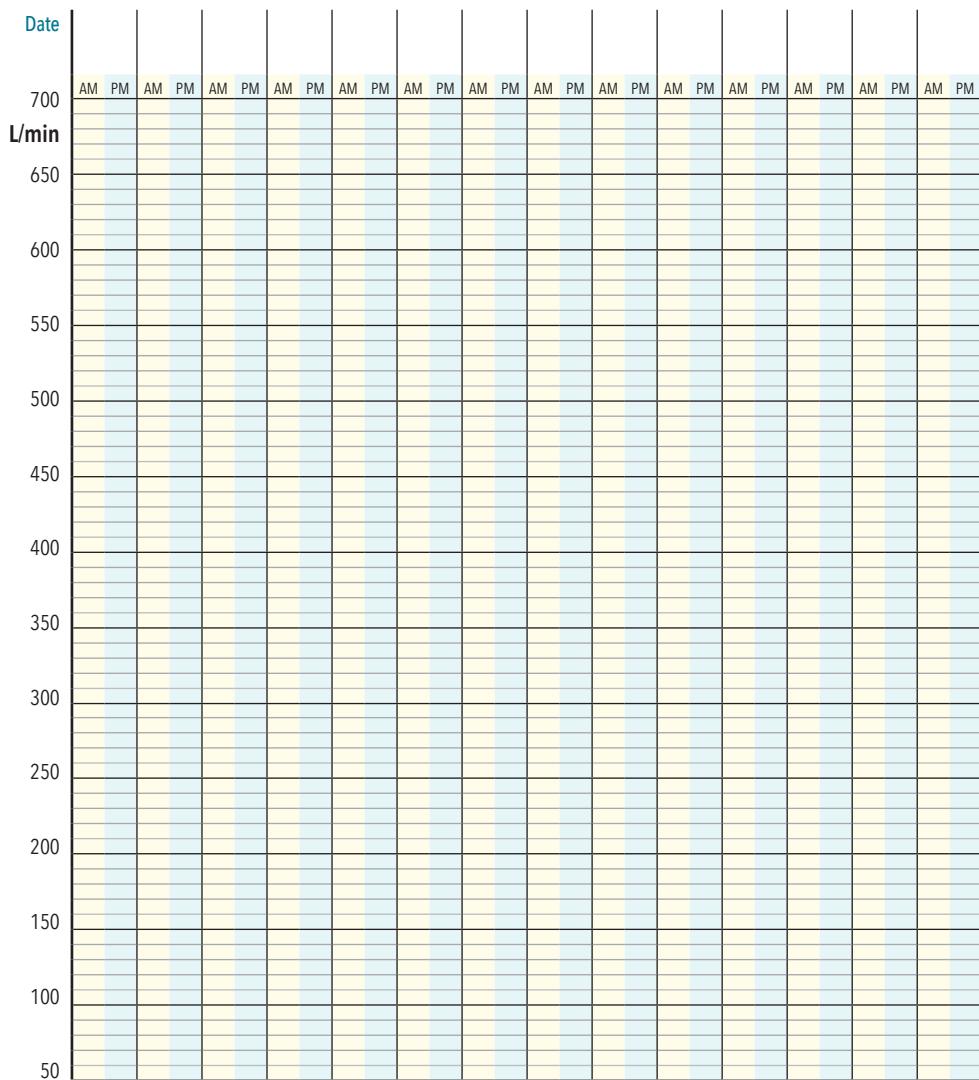
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[asthmafoundation.org.nz](http://asthmafoundation.org.nz)