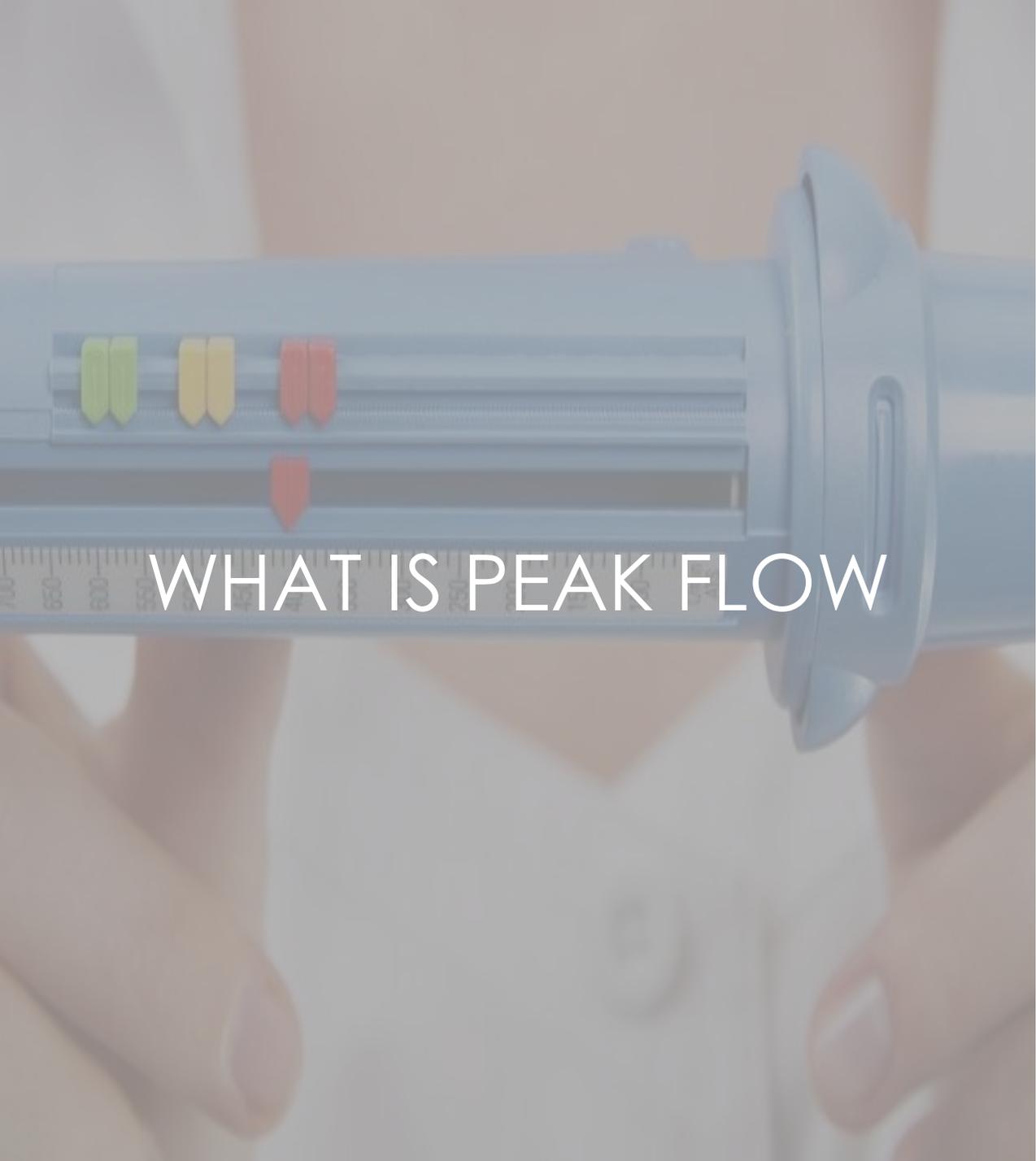


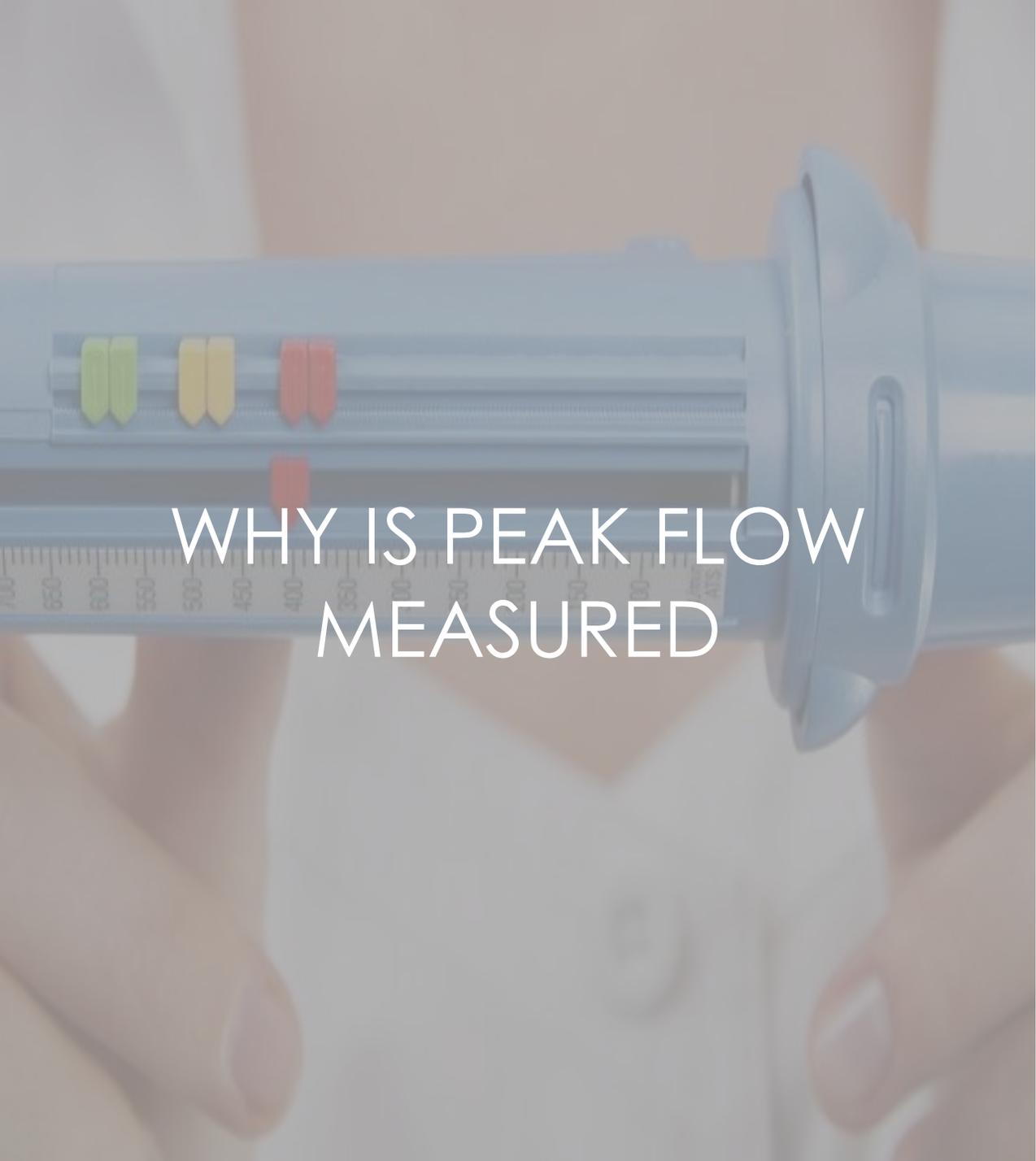
Using a Peak Flow Diary



WHAT IS PEAK FLOW

Measuring your peak flow is essential to manage your asthma symptoms and prevent an asthma attack.

The peak flow meter measures how quickly air moves out of the lungs when you breathe out forcefully after taking a deep breath.

A close-up photograph of a blue peak flow meter. The device has a cylindrical body with a scale on the left side showing values from 400 to 650. Three colored markers (green, yellow, red) are visible on the scale. The text 'WHY IS PEAK FLOW MEASURED' is overlaid in white, bold, sans-serif font across the center of the image.

WHY IS PEAK FLOW MEASURED

By measuring how quickly you can breathe out, your peak flow score can show whether your airways are narrowed. This could be a method to diagnose asthma, although a spirometry test will often be required to confirm the diagnosis.

If you have been diagnosed with asthma, measuring your peak flow regularly is essential to monitor your condition. Your score can indicate whether or not your asthma is worsening. It can also check if your medication is effective, and show whether you are having an asthma attack.

Measuring your peak flow before and after being exposed to asthma triggers, such as a substance you are exposed to at work or an allergic reaction, may also show the cause your symptoms.



HOW TO MEASURE YOUR PEAK FLOW

To measure your peak flow:

- find a comfortable position, either sitting or standing
- ensure the meter is set to "0", your fingers are not obstructing the measurement scale, and the meter is held upright
- breathe in as deeply as you can and place your lips tightly around the mouthpiece
- breathe out as quickly and as hard as you can
- when you've finished breathing out, make a note of your reading

This should be repeated three times, and the highest of the three measurements should be recorded as your peak flow score.



YOUR PEAK FLOW SCORE

Your peak flow score will be displayed on the side of your peak flow meter. This is given in litres of air breathed out per minute.

What is considered a normal score depends on your age, height and gender.

A big difference between your score and a normal score, or a difference in your scores at various times of the day, may suggest you have asthma.

A significant difference between your current and best score could be a sign that your condition is becoming poorly controlled or that you're having an asthma attack.



Record Your Peak Flow

Your doctor might have recommended using a peak flow meter and recording your scores in a peak flow diary.

Whether you are monitoring your peak flow scores daily, or for a set period of time as advised by your doctor, you will get the most out of your peak flow diary if you use it alongside a written asthma action plan.

Your asthma action plan will tell you what to do when you notice symptoms, or if your peak flow drops below a certain score.

If you have any questions about peak flow, how to use your peak flow meter, or how to fill in your diary, you can call us on [insert number] (Monday – Friday, 9am – 5pm).

NAME														
PERSONAL BEST PEAK FLOW														
CONTROLLER MEDICINE														
DOSE														
FAST-ACTING MEDICINE														
DOSE														
PEAK FLOW MEASUREMENTS	WEEK 1							WEEK 2						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
700														
650														
600														
550														
500														
450														
400														
350														
300														
250														
200														
150														
100														
50														
PEAK FLOW NO.														
ASTHMA SYMPTOMS														
TRIGGER														
TREATMENT														

NAME														
PERSONAL BEST PEAK FLOW														
CONTROLLER MEDICINE														
DOSE														
FAST-ACTING MEDICINE														
DOSE														
PEAK FLOW MEASUREMENTS	WEEK 3							WEEK 4						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
700														
650														
600														
550														
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100														
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