

Allergy/Asthma Specialists W. MI

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Peak Flow Meter Reminders

1. Carefully read the instruction included with your peak flow meter.
2. Take a huge breath in, you should feel like your lungs are “about to burst”
3. Teeth on the tube, good seal with the lips.
4. Push the air out, from your diaphragm, as hard and as fast as you can.
5. **Don't:** Cough, purse your lips, block the back of your peak flow meter, or puff your cheeks up.
6. Do **3 BLOWS**, and record only the **SINGLE BEST NUMBER** in your **PEAK FLOW DIARY**.
7. **WHEN TO USE YOUR PEAK FLOW METER?**
 - ✓ First thing in the **morning** before meds AND in the **afternoon**.
 - *Once your asthma is stable, at least check it in the **morning**.
 - *If morning does not work for doing your peak flow, please find one time of day that works best for you and consistently perform peak flow at that time.
 - ✓ If you feel your asthma symptoms are flaring (cough, tightness, wheezing) and you need your quick-relief inhaler, use your peak flow meter before **and** 10 – 15 minutes after quick-relief inhaler use.
 - ✓ Before and after you **exercise** (if you have exercise-induced symptoms or if your doctor wishes)
8. Always **remember** to bring your peak flow meter and peak flow **DIARY** to your doctor **appointments**.
9. Any questions, do not hesitate to ask your doctor or one of the nurses.