University of Michigan Health System

Reading Your Peak Flow Meter

Use your Peak Flow meter twice daily. Record the best of 3 in the morning and the best of 3 in the evening.
Do this for 2 weeks to establish your personal best.

Also check your Peak Flow reading when you feel you are having asthma symptoms, for example: coughing, shortness of breath, chest tightness, wheezing, fast breathing or whatever you feel when you have asthma symptoms.

If you have your peak flow meter handy and you are not in significant distress, use your peak flow meter first, then immediately after using the peak flow meter, use your Albuterol with your spacer. Wait 20 minutes. Then use your Peak flow meter again. Please record these numbers.

One way to determine if Asthma or Deconditioning is causing your breathing trouble is to check your Peak Flow reading before and after exercise. Please record these numbers as well.

Please bring your "Asthma Log book for Peak Expiratory Flow monitoring" to the clinic for your next office visit.

Please call the clinic with any questions or concerns. 1-888-229-2409

Call 911 if you are in the **red zone** and or if you have any of the following:

- Severe shortness of breath
- Lips or fingernails are turning blue
- Inability to speak in full sentences
- Inability to walk

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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