

About you

Name:

GP or asthma nurse contact number:

My best peak flow (when I am well) is:

Peak flow meter type: EU old

Using the peak flow diary every day took less time than brushing my teeth, and helps to ensure that my asthma doesn't disrupt my life.

What is peak flow?

Peak flow is a measurement of how quickly you can blow air out of your lungs. You do this by blowing very hard into a plastic tube called a peak flow meter. Your GP or asthma nurse can show you how best to do this. You can buy a peak flow meter from most pharmacies or you can get one on prescription.

Your peak flow score

Peak flow scores will vary depending on your age, your height and whether you're a man or a woman. **But it's the pattern that your scores make that's important, rather than one score on its own.**

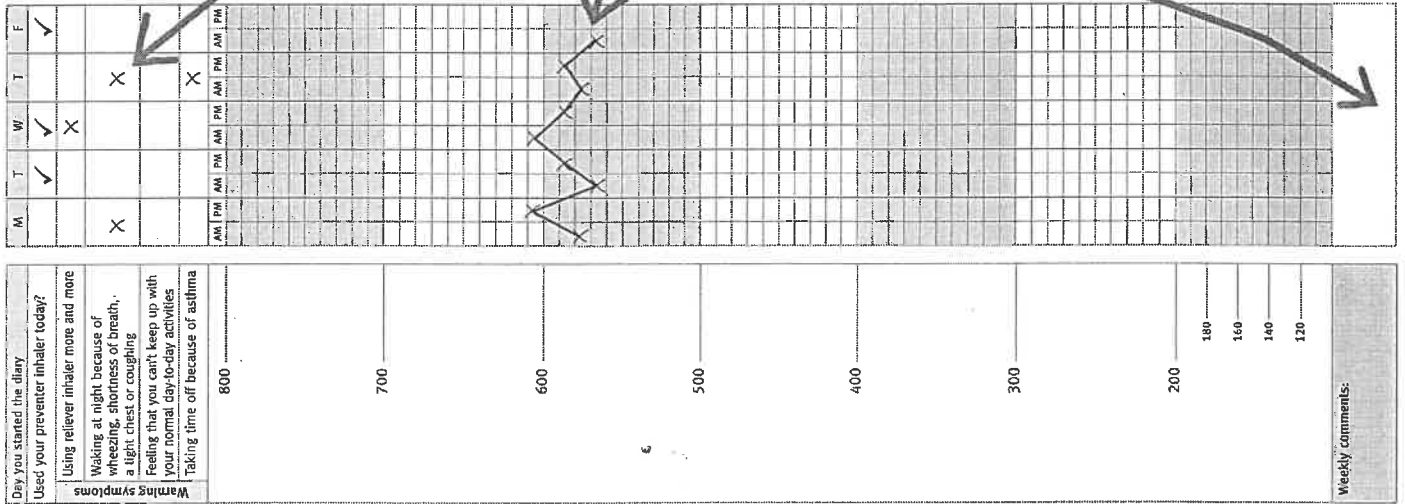
It's important to know your best peak flow. This will help you keep on top of your asthma. It's also helpful for when you visit your GP or asthma nurse as it will let you both assess your asthma.

Why is measuring peak flow useful?

- ✓ To tell what's going on in your lungs rather than guessing by how you feel
- ✓ Find out if your medicine is working or if you need to change the amount you're taking
- ✓ Keep a record of how well you've been and show this to your GP or asthma nurse
- ✓ Act quickly if your peak flow tells you it's an asthma emergency

How to take your peak flow

Blow into your peak flow meter first thing in the morning and in the evening before you take your asthma medicine. When you blow into your meter do it three times and record the **highest** score with a cross on the chart inside.



How to record your peak flow

There are three sections to fill in:

- 1** If you experience one of these warning symptoms, mark a cross in the box for that day. If you have marked at least one box a day for three consecutive days then see your GP or asthma nurse.
- 2** Twice a day, record your highest peak flow score (after blowing into your meter three times) with a cross on the chart.
- 3** Use this section to write down anything unusual or different that may have been the reason for a lower than normal peak flow in a given week, eg "I was stressed", "I exercised on Tuesday", "I came into contact with a pet".

Now you can start recording your peak flow overleaf

