

## PEAK FLOW DIARY

### Peak Flow Meter

A peak flow meter measures how fast you can blow air out of your lungs. It is a useful tool for checking your lung function, and helping to find out if your symptoms are related to your workplace.

### How To Use

- Set the meter's scale to zero.
- Sit up straight or stand. (Do it the same way each time—*either* sitting or standing.)
- Take as *deep a breath* as possible and then put the mouthpiece in your mouth.
- Blow out as hard and quickly as you can.
- Read the scale (where the arrow points) and record the number.

Perform these steps 2 more times and record the **highest** reading in your diary card. Do **not** average the readings. Record your peak flow rates 4 times a day.

It is important to use the same peak flow meter each time, as peak flows will vary from device to device. Many types of monitors are available and can be purchased from oxygen supply companies and some pharmacies.

### Other Information

Be sure to complete symptom and medication diaries when you're working and when you're off work (e.g., weekends and holidays). Along with your peak flow rates, this is vital information that can help your doctor determine if your asthma is work-related.

Date	Medications	Symptoms	Peak Flows	
			Time	Highest Reading

Adapted from: Asthma Management: Home Peak Flow Monitoring. Lung Association.  
[www.lung.ca/asthma/manage/peakflow.html](http://www.lung.ca/asthma/manage/peakflow.html)

