

How to accurately measure your peak flow

1. *Find a comfortable position, either sitting or standing – but ensure you can take a good deep breath in*
2. *Reset your peak flow meter so that the pointer is pushed right back to the bottom – below 60 L/min*
3. *Hold the peak flow meter at a horizontal position near your mouth, and make sure your fingers are not blocking the measuring pointer on the measuring scale*
4. *Breathe in as deeply as possible and place the mouth piece into your mouth with your lips sealed tightly around it*
5. *Then breathe out as sharply/hard and quickly as possible*
6. *Take a note of the number you have achieved*
7. *Please repeat steps 2-6 three times and record the best of the three readings*