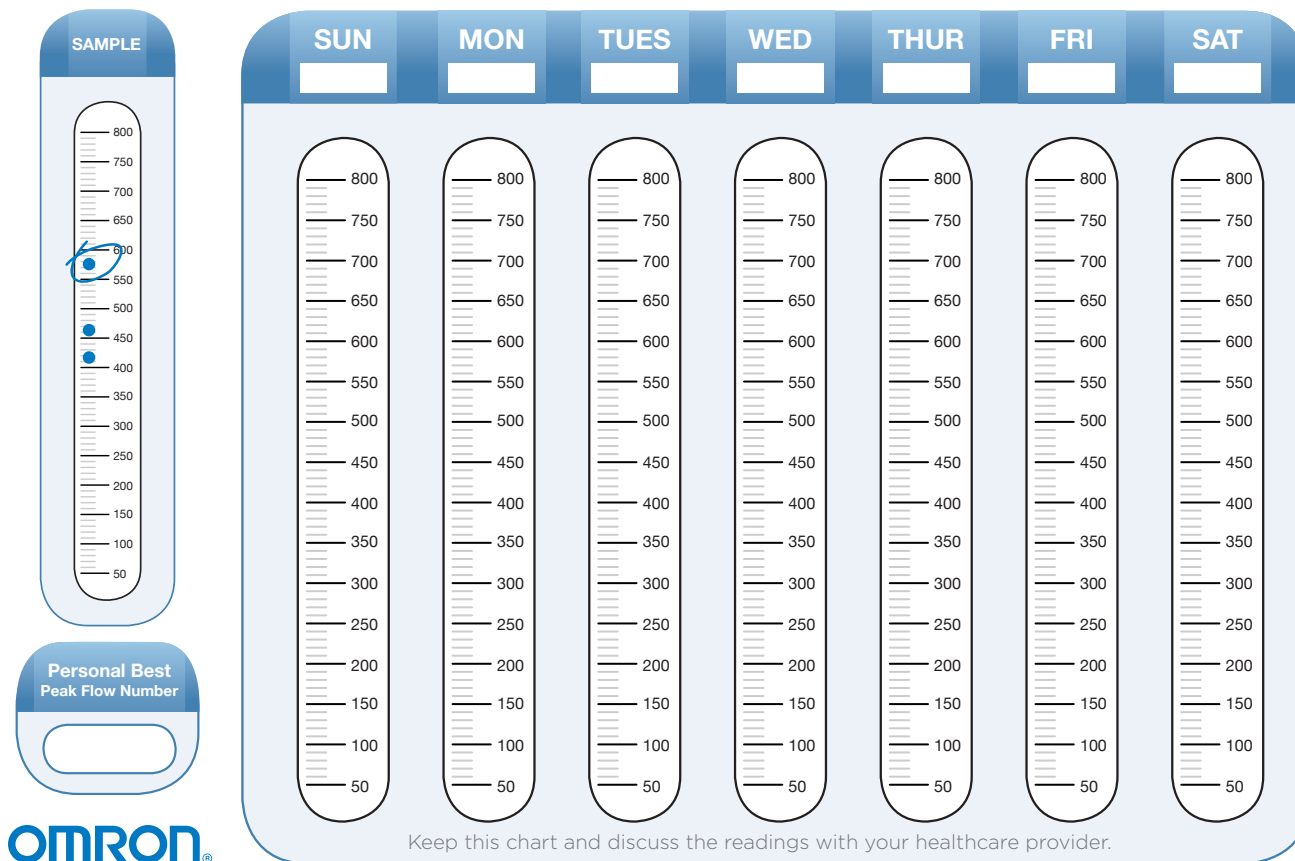


Monitor your peak flow

CAUTION: When using a peak flow meter to monitor lung conditions such as asthma, the user should be under the guidance and supervision of a physician or healthcare professional for assistance in monitoring results. Contact this person if you note a downward change in your readings, which may indicate a worsening of your condition.

1. Work with your healthcare provider to establish peak flow measurements based on age, height and respiratory condition.
2. Using your peak flow meter, make sure the sliding marker or arrow is at zero.
3. Stand up straight. Take a deep breath. Put the mouthpiece into your mouth forming a tight seal. Blow out as hard and as quickly as possible.
4. Record where the marker lands along the scale. Repeat three times.
5. Circle the highest of the three results. Do not calculate an average.
6. Measure your peak flow rate close to the same time each day and consult your healthcare provider to interpret results.



Personal Best	STABLE	CAUTION	DANGER
100	> 80	80 – 50	< 50
125	> 100	100 – 63	< 63
150	> 120	120 – 75	< 75
175	> 140	140 – 88	< 88
200	> 160	160 – 100	< 100
225	> 180	180 – 113	< 113
250	> 200	200 – 125	< 125
275	> 220	220 – 138	< 138
300	> 240	240 – 150	< 150
325	> 260	260 – 163	< 163
350	> 280	280 – 175	< 175
375	> 300	300 – 188	< 188
400	> 320	320 – 200	< 200
425	> 340	340 – 213	< 213
450	> 360	360 – 225	< 225
475	> 380	380 – 238	< 238
500	> 400	400 – 250	< 250
525	> 420	420 – 263	< 263
550	> 440	440 – 275	< 275
575	> 460	460 – 288	< 288
600	> 480	480 – 300	< 300

Green Your peak flow rate is 80–100% of your personal best. Your asthma is under reasonably good control—continue your prescribed program of management.

Yellow Your peak flow rate is 50–80% of your personal best. Your airways are narrowing, and you may be coughing or wheezing. Increasing your medication is recommended.

Red Your peak flow rate is less than 50% of your personal best, an indication of a medical emergency. Take your rescue medications right away, review your asthma action plan and call your healthcare provider.

Expert Panel Report 3 (EPR-3) Full Report 2007: Guidelines for the Diagnosis and Management of Asthma – 2007 Updated, National Heart, Lung and Blood Institute

