



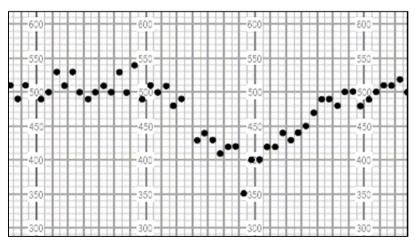
Peak Flow Chart

Patient Name:	Doctor Name:
	Doctor Telephone:

- 1. Write the start date at the top of each page. Each page on this chart holds 8 weeks of peak flow readings.
- 2. For each day (e.g. Su for Sunday), there is a white column for your morning peak flow and a grey column for your evening peak flow.
- 3. Each morning and evening, record the <u>highest of three</u> peak flows. Take a deep breath, seal your mouth tightly around the mouthpiece, then blow as hard and as fast as you can. Check the number, re-set the pointer to zero, and repeat two more times.
- 4. Use a black pen to record the highest of the 3 peak flows on the chart see example. Each square up the chart represents 10 on your peak flow meter.
- 5. Each night, use the box at the bottom to record the total number of puffs of reliever medication (e.g. Ventolin) which you used in the last 24 hours.

Notes:

- If you miss measuring your peak flow, don't make up a number, just leave a gap. Talk to your doctor or asthma nurse if you are having trouble recording your peak flow.
- Always take the chart with you when you visit your doctor. Even if you don't normally record your peak flow, doing 2 weeks of readings before a visit may be helpful.
- Use arrows on the chart to show where your medication changed, or you had a cold.
- Remember to use the treatment on your Asthma Action Plan if your asthma gets worse or your peak flow falls below your "action point".



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