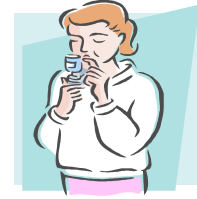




PEAK FLOW METER DO'S AND DON'TS



✓ DO'S

- ✓ Do stand still and straight as you can
- ✓ Do return the indicator to its “zero” position before each blow
- ✓ Do take a deep breath in
- ✓ Do put your lips tightly around the tube mouthpiece to make an airtight seal
- ✓ Do keep your tongue out of the way
- ✓ Do blow out fast and hard in a single blast of air. Fast and Hard – NOT slow
- ✓ Do keep fingers or hand from covering the indicator, the slot or holes on the peak flow meter
- ✓ Do use it when you get up, before you use your bronchodilator or inhaler
- ✓ Do clean it according to manufacturer’s instructions and don’t store in a plastic bag unless its very dry
- ✓ Do use the same brand of peak flow meter each time because readings vary with different manufacturers
- ✓ Do take your peak flow meter and your peak flow meter chart with you to show them to your doctor

X DON'TS

- X Don't sit down when blowing into the meter
- X Don't blow out before taking a deep breath
- X Don't put your tongue in the tube or mouthpiece
- X Don't blow out in a short breath or more than one breath
- X Don't breathe in with the mouthpiece in your mouth
- X Don't cover the indicator, slot or holes with your fingers or hands
- X Don't drop the peak flow meter

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