

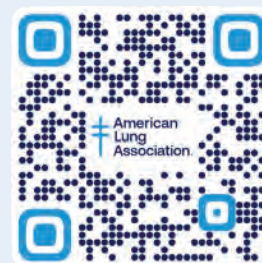
Peak Flow Meters are available in different shapes and sizes, however, they all function the same way. Below are a few examples of what yours may look like:



Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

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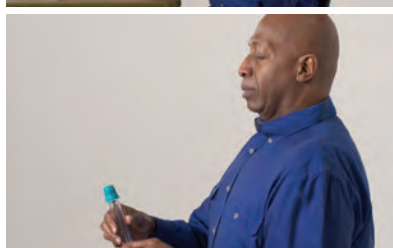
1. Look at your peak flow meter to make sure the mouthpiece is clean and clear of any objects.



2. Move the marker to the bottom of the numbered scale. You may need to shake it to move the marker down.



3. Stand or sit up straight.



4. Take a deep breath in through your nose.



5. Place the device between your teeth or gums, biting down gently. Then seal your lips tightly around the mouthpiece.

You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at **1-800-LUNGUSA.**

How to Use a Peak Flow Meter (cont'd)



6. Blow out as hard and as fast as you can with a single breath/blow.



7. Read the number that is next to the marker. Write down the number.



8. To reset the meter, move the marker back to zero and repeat the steps 2 more times.



9. If you become lightheaded, stop and rest and do it later.

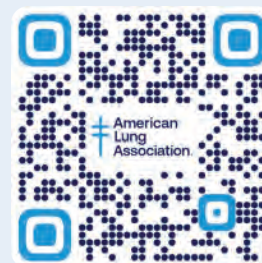


10. The highest of the 3 numbers is your peak flow number. Use this number to monitor your asthma and share with your healthcare provider.

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