



**PEDIATRIC
ASSOCIATES
OF KINGSTON**

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**BREASTFEEDING
CENTER**

Date: _____

Peak Flow Meter Instructions

Patient Name: _____ DOB: _____

- Establish a **Personal Best (PB)** using your peak flow meter
 - For 2 weeks (while your asthma is in good control) perform 3 readings twice a day (morning and evening) and record the best of each test.
 - Your personal best is the highest reading obtained during that time

- Using PFM for home monitoring
 - After establishing your personal best:
 - Multiply your PB by .8 to establish **80%** of your PB
 - Any reading greater than 80% of your PB places you in the **GREEN ZONE** which means you are doing good and should **do not** need your rescue medication.
 - **You are advised** to continue taking any daily asthma medication that you have been prescribed
 - Next:
 - Multiply your PB by .5 to establish **50%** of your PB
 - Any reading between **50%** and **80%** of your PB means you are in the **YELLOW ZONE** and may be having cough, wheezing or chest tightness.
 - **You should:**
 - Use your rescue inhaler as directed
 - Continue taking any daily asthma medication as prescribed
 - Peak Flow Readings **below 50%** place you in the **RED ZONE**
 - Your rescue inhaler is likely not helping you feel better
 - Your breathing may be hard or fast and you may have trouble speaking well
 - You may also be using your stomach muscles to help you breath
 - If unable to contact your doctor or nurse **YOU SHOULD**
 - Call 911 or go to the nearest Emergency Department

- Using PFM for **Exercise Induced Bronchospasm**
 - Establish your personal best and control zones (Green, Yellow, Red)
 - Use your peak flow meter:
 - Before exercise and if you begin to have symptoms during exercise
 - If your peak flow reading is greater than **80%** of your PB
 - You do not need to use your rescue inhaler
 - If the reading is between **50%** and **80%** of your personal best
 - Use your rescue inhaler and recheck your peak flow in 15-30 minutes
 - If your peak flow reading is less than **50%**
Stop exercising and call your doctor. If your doctor or nurse is not available or call 911 or report to the nearest Emergency Department