

INSTRUCTIONS FOR KEEPING A PEAK FLOW DIARY

Performing Peak Flow Manoeuvre:

- Zero the PEF monitor
- Stand up erect
- Inhale completely, the **inhalation should be rapid** but not forced.
- Place PEF monitor in your mouth and close your lips around the mouthpiece
- Exhale with maximal force **as soon as lips are sealed around mouthpiece** (please **do not wait** before blowing out)
- Write down the result
- Repeat two more times (three trials in total)
- Record all three values
- choose the **best of the three values to record on the graph**

It would be helpful to record your peak flow before and 30 minutes after taking Ventolin/salbutamol (or another bronchodilator) inhaler..

Recording peak flow after using inhaler:

- Take your bronchodilator inhaler.
- Wait for 30 minutes.
- Repeat the peak flow manoeuvre

Peak Flow record: (see table on the reverse)

Please record your peak flow first thing in the morning when you wake up. In the evening record it at a convenient time, but preferably do it at the same time every day. Write down the best value out of the three in the table. Thus there will be four sets of recording in a given day.

