

DATE:

NAME: DOB:

**INSTRUCTIONS ON HOW TO RECORD YOUR PEAK EXPIRATORY FLOW RATE (PEFR)**

**When to do the PEF record:**

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.

**How to perform Peak Flow measurement:**

- Zero the PEF monitor
- Stand up straight
- 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 in the table below.**

**If you were not asked to** use an inhaler, just record the peak flow in the morning and evening.

**If you have been asked** to record your peak flow before and after an inhaler, It would be helpful to record your peak flow before and 30 minutes after taking Ventolin/salbutamol (or another bronchodilator) inhaler. Thus there will be four sets of records every day.

**Recording peak flow after** using inhaler:

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

Date	Morning value		Evening value		Comments Note down any changes in your condition on the day
	Before Salbutamol	After Salbutamol	Before Salbutamol	After Salbutamol	

