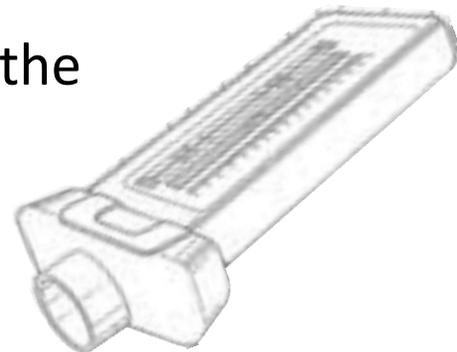


How to use a Peak Flow Meter

1. Move the cursor to base/zero and ensure fingers are not blocking the cursor.
2. Take a steady, deep breath in and hold breath while putting mouthpiece in mouth between the teeth and close lips around the mouthpiece.
3. Blow a hard fast breath out through the mouthpiece (not nose)
4. Record where the cursor stops
5. Repeat steps 1-4 twice and record the highest of the three results.



Demonstrate your device technique to your GP, nurse, pharmacist or clinical specialist at every opportunity