



To take a peak flow reading

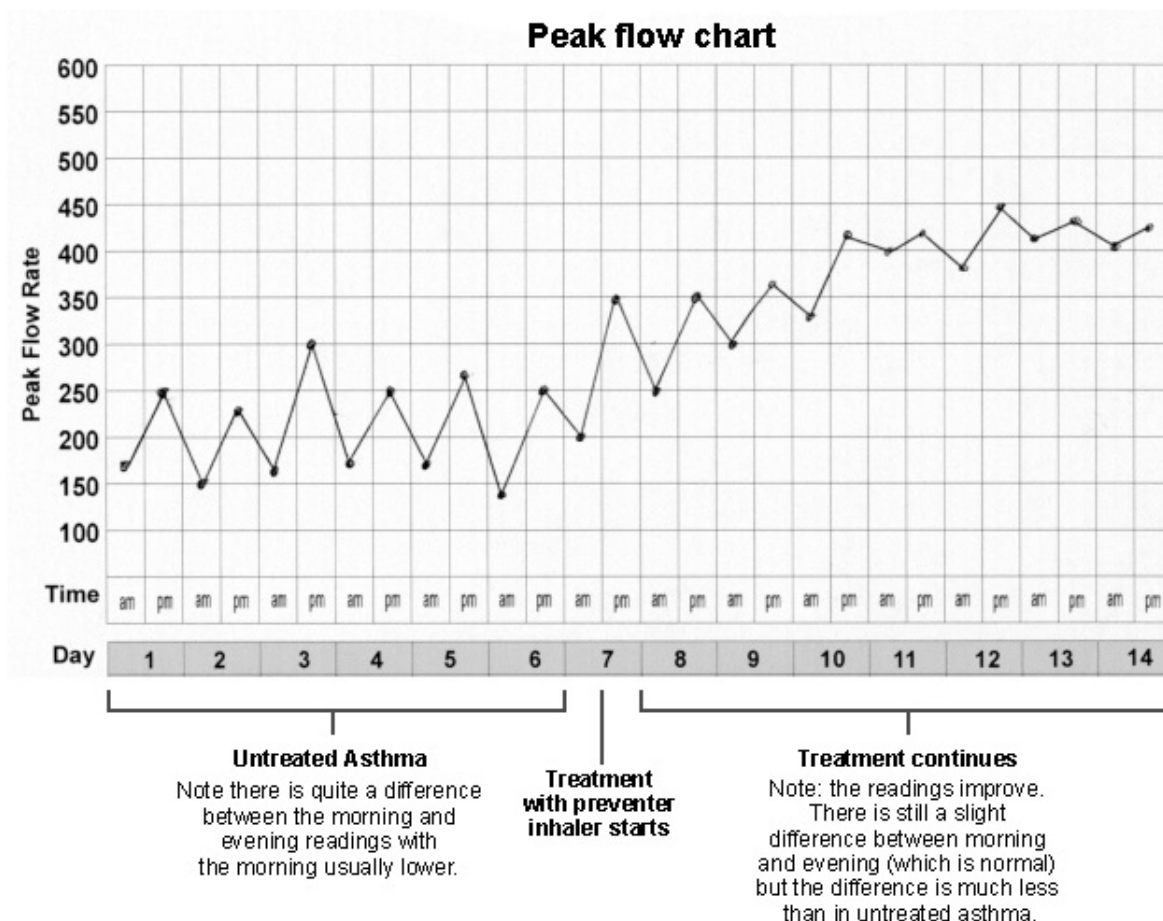
1. Put the marker to zero.
2. Take a deep breath.
3. Seal your lips around the mouthpiece.
4. Blow as hard and as fast as you can into the device.
5. Note the reading.
6. Repeat three times.

The 'best of the three' is the reading to record on the chart.

## What are normal and abnormal peak flow readings?

Normal peak flow readings vary, depending on your age, size, and sex. The range of normal peak flow readings is published on a chart, and doctors and nurses refer to the chart when they check your peak flow reading. In healthy people, peak flow readings vary slightly from time to time. The reading is often slightly higher in the evening compared with the morning.

Below is an example of a two-week diary of peak flow readings done by a child who has quite bad asthma.



## Further help & information

### Asthma UK

Summit House, 70 Wilson Street, London, EC2A 2DB

Tel: (Adviceline) 0800 121 62 44, (Admin) 020 7786 4900

Web: [www.asthma.org.uk](http://www.asthma.org.uk)

## Further reading & references

- [British guideline on the management of asthma](#); Scottish Intercollegiate Guidelines Network - SIGN (Oct 2014)
- [Asthma](#); NICE CKS, Dec 2013 (UK access only)
- [Global Initiative for Asthma \(GINA\)](#)

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