

Peak Flow Meter Home Study - General Instructions

INTRODUCTION:

The peak flow meter measures how strong you can exhale, which is the highest speed that you can blow air from your lungs. This basic airflow reading tells how well air is moving through the airways in your lungs.

The instructions provided for using the peak flow meter must be followed carefully in order to get accurate readings of your peak flow. The peak flow meter is intended for your use only. If you have questions about the use of your peak flow meter, please call Linda Evans, at 263-5786.

INSTRUCTIONS FOR USE:

1. Connect the small end of the mouthpiece to the Peak Flow Meter. (See Figure 1)

GET READY 2. Make sure the white indicator is moved back to its lowest position in the slot. (See Figure 2)

3. Stand up. If unable to stand, sit as erect as possible.

4. Hold the meter with the thumb and forefinger of one hand. (See Figure 1) Do not place your other hand over the meter.

DO THE TEST 5. First, breathe in as deep as possible.

6. Then, close your lips around the outside of the mouth piece to make a tight seal. (See Figure 1) To get an accurate reading it is very important that you concentrate on sealing your lips around the mouthpiece. Do not purse your lips, block the mouthpiece with you tongue, or bend your neck.

7. **Blow out as hard & fast as possible**, in a quick, short blast of 1 to 2 seconds.

TAKE THE READING 8. Read the number next to the indicator and record it on the enclosed Peak Flow Meter Diary. (See Figure 3 for examples of readings)

REPEAT 9. Please repeat steps 2 through 8 two more times to get a total of three readings. It is ok to rest between readings.

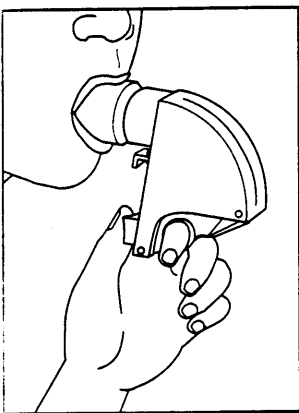


Figure 1

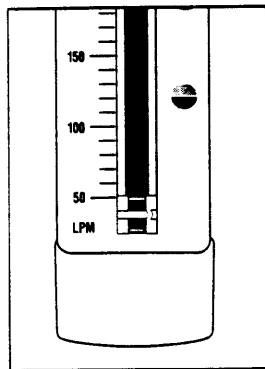
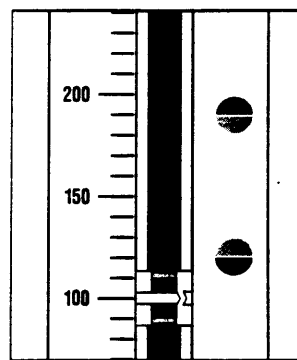
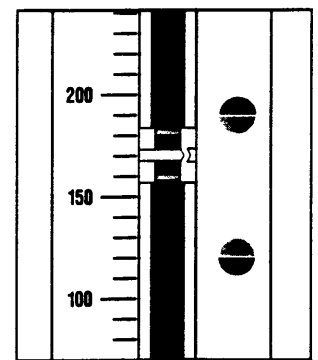


Figure 2



Reading of 100 LPM



Reading of 170 LPM

Figure 3

END OF STUDY:

Please use the enclosed self-addressed stamped envelope to return your completed diary and questionnaire. Do not return the meter. We will send you \$50.00 when your diary is received. Thanks again for all your help with this study.