

## Peak Flow Measurement Guide



### Remember:



**Every morning and every evening you will collect a peak flow measurement.**

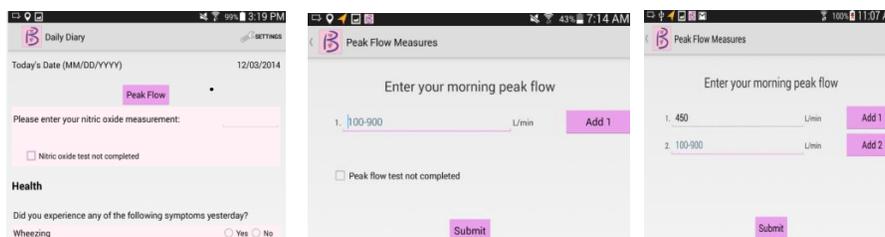
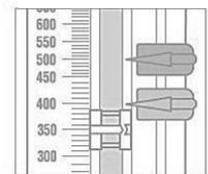
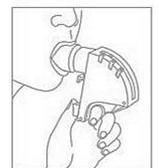
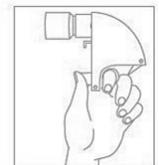
Your tablet will remind you to take a peak flow measurement at the times that you entered when setting up the app.



Peak flow measurements vary a lot depending on how much effort you put into it. This means that you must always try to blow as hard as you can to have good, consistent results.

### How to measure your peak flow:

1. Stand up and relax. You should always measure your peak flow in the same position.
2. Set the pointer to the end of the scale near the mouthpiece. Be sure your fingers do not obstruct the slot in which the pointer slides or the end where the air comes out.
3. Hold the meter lightly so that you do not obstruct the slot in which the pointer slides.
4. Take as deep a breath as possible then place the peak flow mouthpiece in your mouth making sure to form a tight seal with your lips.
5. Blow into the peak flow meter as quickly and as hard as you can. **The correct method is a quick, hard blow rather than a long slow exhalation.**
6. The pointer will slide up the slot and stop at a number corresponding to your Peak Expiratory Flow for that test.
7. Record your results by tapping the pink "Peak Flow" button at the top of the daily diary screen in your B-WELL-Mom app. Enter the number in the first designated field then touch "**Add 1**". Another line will then appear below your first test to capture the second measurement.



8. Repeat steps 4-6 and record your second measurement in the designated field then click "**Add 2**". This will reveal a third line on which to add the third and final measurement.
9. Repeat steps 4-6 a third and final time. Enter the third measurement value in the designated field and then click "**Submit**".