**How to measure and record your peak flow readings**

**How do I perform a “blow”**?

*You can also watch this video for a demonstration:* [*https://www.youtube.com/watch?v=baLYBXcgImk*](https://www.youtube.com/watch?v=baLYBXcgImk)

1. **Measure your peak flow every 2 hours when awake**, starting as soon as you wake up and throughout the day until you go to bed. You may find it helpful to set an alarm to remind you.
2. If it is safe for you to do so, always measure every peak flow whilst **standing up**.
3. **Pull the pointer (red arrow) back to the start before every blow**. Ensure not to obstruct the scale with your hand.
4. Take a deep breath in, make a tight seal with your mouth around the mouthpiece, then blow as **hard and as fast as you possibly can** into the meter.
5. Note which number the arrow is pointing to on the scale, to the **nearest 10 units**.
6. **Do this 3 times in a row** so you get 3 scores each time (all 3 scores should be roughly the same). **Write down the highest of the 3 readings** in the appropriate time slot on your chart.

Please remember:

* Always measure your peak flow before taking any inhaler.
* Make measurements every day of the week during the full measurement period (usually four weeks, depending on advice from the clinic). This includes weekends and holidays.
* If you forget to do a reading, leave that space blank.
* Please fill the chart correctly and as much as you can. This includes your name at the top of each sheet (and hospital number if you have one); your height; the times you start and finish work on each day; any relevant treatment e.g. inhalers you have taken each day; and any materials you have been exposed to each day.
* You can wash the mouthpiece if needed.

**How do I send my completed peak flow charts to you?**

**Scan/photo** and email to: [**OLDadvice@rbht.nhs.uk**](mailto:oldadvice@rbht.nhs.uk) or text/WhatsApp **07977 352 164**

***OR***

**Post to\*:**

Tamanna Kabir – Clinical Nurse Specialist

Department of Occupational & Environmental Medicine

National Heart & Lung Institute

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London SW3 6LR

*\*If posting the sheets to us, please ensure you keep a copy of the original sheets in case they get lost in the post!*