

# Peak Flow Instructions

## Introduction:

The SpiroFlow measures peak expiratory flow (PEF), which is a valuable indicator of lung function and changes in your asthma.

## What does peak flow measure?

Your peak flow is the flow that you can achieve when blowing out as fast as possible after breathing in as much air as possible. Your best peak flow or Best Effort is unique to you and will be determined with assistance of your doctor or respiratory therapist.

## Why should I use a Peak Flow Meter?

Asthma may cause the airways to narrow and limit how well you can get the air out of the lungs. Your peak flow may help to make you aware of these changes before you feel poorly. Many times medications can be taken before symptoms worsen. It may also help you avoid a serious asthma episode.

## How does monitoring peak flow improve my asthma care?

Monitoring peak flow helps your physician and other health care providers evaluate how well your asthma is being controlled. Always take the peak flow meter and daily recorder chart to doctor appointments.

## How to set up the SpiroFlow:

First, obtain your Best Effort reading from your physician. Second, determine your "Zone" indicator settings according to the following:

<b>Red Zone**</b>	50% of Best Effort and below. <b>Example:</b> For a Best Effort of 550, set your Red Zone indicator to 275 = 550 X 50%.
<b>Green Zone**</b>	80% of Best Effort and above. <b>Example:</b> For Best Effort of 550, set your Green Zone indicator to 440 = 550 X 80%.
<b>Yellow Zone**</b>	50% to 80% of Best Effort <b>Example:</b> Between your Green Zone indicator and your Red Zone indicator.

## Indications for Red, Green and Yellow Zones:

Red Zone indicates **DANGER** – contact your physician immediately.

Green Zone indicates that it is **SAFE** to pursue regular activities and current treatment plan adjustments.

Yellow Zone indicates **CAUTION** in your daily activities and can signal the need for medication adjustments.

## How to use SpiroFlow:

**Step 1:** Your mouth must be empty. For best results, you should stand. If unable to stand, sit up straight.

**Step 2:** Move the Peak Indicator to start position where shown.

**Step 3:** Hold the SpiroFlow in your hand with your thumb and forefinger on the grips and the mouthpiece facing toward you. If preferred, you may opt to hold the device with both thumbs underneath and fingers on the grips. Avoid blocking the vent holes as much as possible and do not allow fingers to interfere with the red Peak Indicator.

**Step 4:** Take as deep a breath as possible, filling your lungs completely with air.

**Step 5:** Place your mouth on the mouthpiece, past your teeth, and form a tight seal with your lips. Place your tongue below the mouthpiece. Make sure your tongue is not blocking the opening at any time.

**Step 6:** Blow out as **HARD** and **FAST** as you can. This will cause the indicator to move and indicate your peak flow. Do not spit or cough into the device. If this occurs, repeat the test from Step 2.

**Step 7:** Do not reset peak indicator. Repeat Steps Four through Six two more times for a total of three maneuvers. The indicator will automatically point to the best of the three efforts.

**Asthma websites:** [www.nhlbi.nih.gov/about/naepp](http://www.nhlbi.nih.gov/about/naepp) - National Asthma Education and Prevention Program (NAEPP)  
[www.aanma.or](http://www.aanma.or) - Allergy and Asthma Network – Mother of Asthmatics, Inc.  
[www.asthmaandschools.org](http://www.asthmaandschools.org) - Asthma and Schools  
[www.njc.org](http://www.njc.org) – National Jewish Medical and Research Center  
[www.aarc.org](http://www.aarc.org) – American Association for Respiratory Care