

Name GP

Regular Asthma Medications:

reliever preventer

symptom controller other

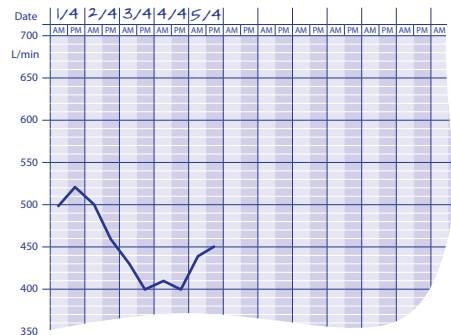
How to use your peak flow and symptom diary and graph

- Measure your peak flow every day, morning and night before taking your asthma medicine.
- Record your reading and how you are feeling in the daily diary. See example below.
- You can also record your readings on the graph. See example below. This will let you quickly pick up any changes or trends in your asthma control.

Peak Flow Diary (2 week period)

Date	AM	PM	Comments
1/4	500	520	Feeling good today
2/4	500	460	Sore throat/getting a cold
3/4	430	400	Need my blue inhaler
4/4	410	400	Still needing blue inhaler
5/4	440	450	Feeling a little better

Peak Flow Graph (2 week period)



How many times did I wake last night because of asthma?	0	0	2	2	0								
How many puffs of reliever did I take today?	0	3	5	5	2								
Were my activities affected by my asthma?	no	no	yes	yes	no								

exhale, breathe, lungs, air, wind, ven

How to use your peak flow meter



PEAK FLOW METER

- 1 Sit upright
- 2 Slide marker hard up to the beginning of the groove
- 3 Hold meter level
- 4 Keep fingers clear of marker
- 5 Take a deep breath in
- 6 Close your lips around the mouthpiece
- 7 Huff out hard and fast
- 8 Repeat these steps twice
- 9 Record the best of three readings



*Get to know your asthma.
Know when it's changing.*

*Peak Flow and
Symptom Diary*



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All donations are appreciated

The Foundation is a non-government charitable organisation providing
education, research and advocacy on all respiratory conditions.

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