

Your peak flow score – also known as your peak expiratory flow (PEF) – will be displayed on the side of your peak flow meter. Download now. You do this by blowing very hard into a plastic tube called a peak flow meter. You can buy a peak flow meter from most pharmacies or you can get one on prescription. This resource tells you all about peak flow and has a diary to record your daily peak flow scores and symptoms Welcome! The reading is often slightly higher in the evening compared with the morning. Your symptoms and how you feel will always be important too. Below is an example of a two-week diary of peak flow readings done by a child who has quite bad asthma Find out how to test your peak flow, what your scores mean and how you can make the most of using peak flow to help you manage your asthma Peak flow is just one of a number of ways you can keep an eye on your asthma. Whether you're recording your peak flow scores every day or for a set period of time, use your peak flow diary alongside an asthma action plan Peak flow diary. You can download this information as a free PDF file to view on your computer, email to others, or print at home. You can obtain a Peak Flow meter from your GP and they will show you how to use and interpret it You can also download this resource (PDF • Measure your peak flow every day, morning and night before taking your asthma medicine. Whether you're recording your You can get a peak flow meter from your GP, asthma nurse or pharmacy. Normal peak flow readings vary, depending on your age, size, and sex. Your GP or asthma nurse might have recommended using a peak flow meter and recording your scores in a peak flow diary. This resource tells you all about peak flow and has a diary to record your daily peak flow scores and symptoms. If you have any questions about peak flow, how to Peak flow diary. Peak flow is just one of a number of ways you can keep an eye on how well you are. Symptoms to look out for are: Night Peak flow is just one of a number of ways you can keep an eye on your asthma. Peak flow is a measurement of how quickly you can blow air out of your lungs. Your peak flow score Peak In healthy people, peak flow readings vary slightly from time to time. Your GP or asthma nurse can show you how best to do this. Your GP or asthma nurse might have recommended using a peak flow meter and recording your What are normal and abnormal peak flow readings? What's considered a normal score depends on your age, height and sex What is peak flow? Your symptoms and how you feel will always be important, too Using a Peak Flow meter to monitor your asthma can be very useful when used together with an Asthma Peak Flow diary and Asthma Control Test. Find out how to test your peak flow, what your scores mean and how you can make the most of using peak flow to help you manage your asthma Best/predicted peak flow: Asthma is a variable condition which can change for no apparent reason or as a result of exposure to known triggers. Record your reading and how you are feeling in the daily diaryDownload a peak flow diary (PDF only, MB) from the Asthma + Lung UK site. Your symptoms and how you feel will always be important too. Here we explain how it can be helpful and how to do it. This is given in litres of air breathed out per minute (1/min). The range of normal peak flow readings is Your asthma action plan will tell you what to do when you notice symptoms, or if your peak flow drops below a certain score.