# Peak Flow Diary

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**Start date for this page**

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**Reliever**

- no. of puffs in 24 hours

**Other Medications**

______________________________________________________________

______________________________________________________________
Peak Flow Diary

Each A4 sheet will record 8 weeks of peak flow readings.

For each day there is a white column for your morning peak flow and a light blue column for your evening peak flow reading.

Step 1: -
Enter your start date in the top right-hand corner on each sheet.

Step 2: -
Each morning and evening:
Use a black pen to record the highest of the three peak flow readings - see example.

Note: Each square up the chart represents 10 on your peak flow meter.

Step 3: -
1. Take a deep breath
2. Seal your mouth tightly around the peak flow meter’s mouthpiece
3. Blow as hard and as fast as you can into the peak flow meter
4. Write the number down
5. Re-set the pointer to zero
6. Repeat two more times
7. Record the highest of the three readings on the chart - see example

Step 4: -
Each night, use the box at the bottom to record the total number of puffs of reliever medication (e.g. Ventolin) you used in the last 24 hours.

This improved Peak Flow Diary is based on original research by Dr Helen Reddel.

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Part no. 19029832 issue 1 Jun 2015