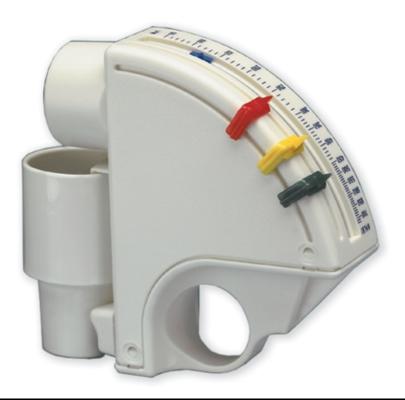
Virginia Commonwealth Universit

UNIVERSITY STUDENT HEALTH SERVICES • Fact Sheet

HOW TO USE A PEAK FLOW METER

- 1. Stand up straight.
- 2. Move the cursor to zero.
- 3. Take a deep breath in.
- 4. Place the mouthpiece of the peak flow meter in your mouth. Make sure your lips make a tight seal around the mouthpiece.
- 5. Blow as hard and fast as you can.
- 6. Note the number indicated by the cursor.
- 7. Return the cursor to zero.
- 8. Repeat 2 more times.
- 9. Record the best of 3 readings.



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