

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.

