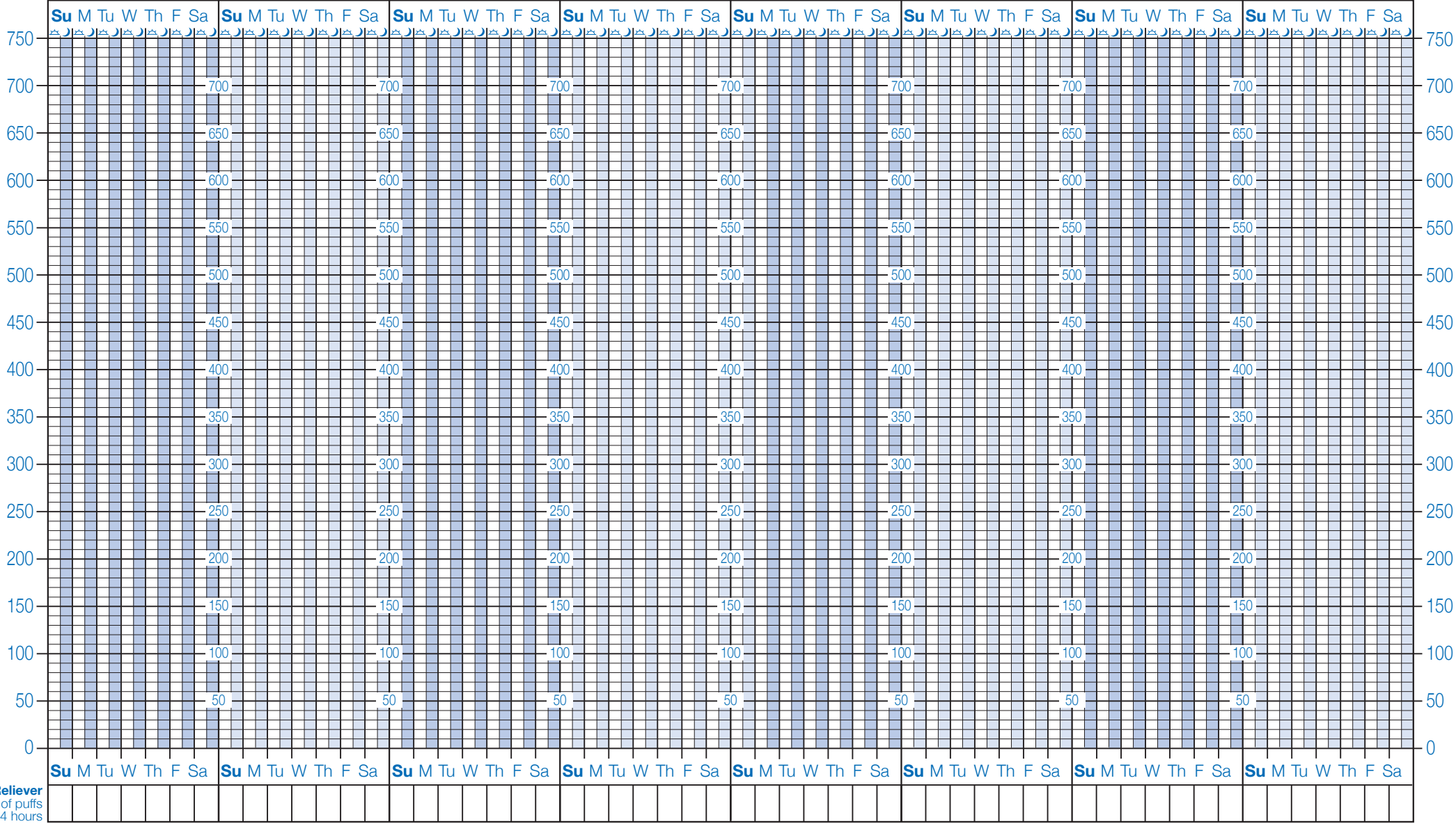


Peak Flow Diary

Name _____

Start date for this page _____



Reliever
- no. of puffs
in 24 hours

Other Medications _____

Peak Flow Diary

Patient's Name _____

Doctor's Name: _____

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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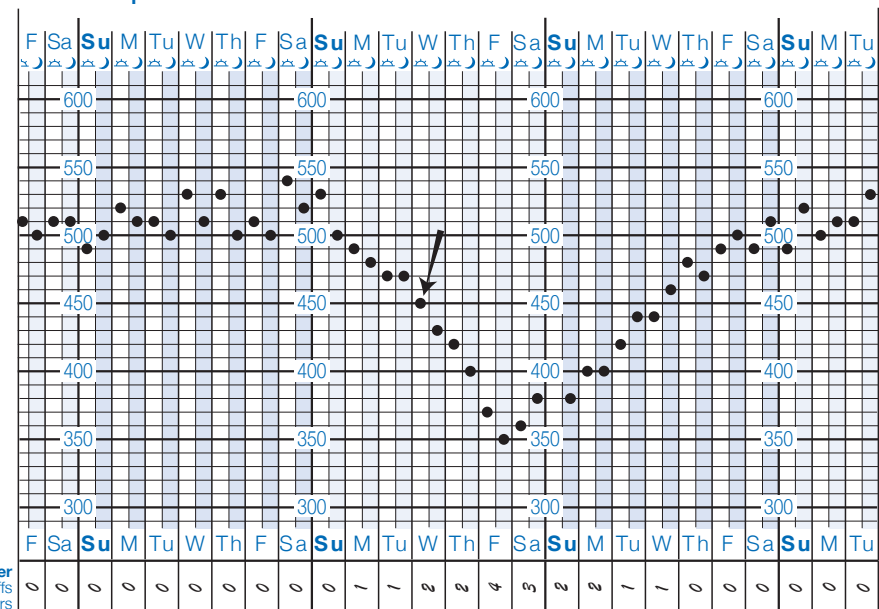
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Notes:

- If you miss measuring your peak flow, don't make up a number, leave a gap. Talk to your doctor or asthma nurse if you are finding it hard to record your readings.
- Make sure you take your chart with you to the doctor or asthma nurse. If you don't usually record your peak flow readings, it may be helpful to record your peak flow for the 2 weeks before your doctor's appointment.
- If your medication has changed or you've had a cold, indicate this change on the chart using arrows.
- Use the treatment on your 'Asthma Action Plan' if your asthma gets worse or your peak flow falls below your 'action point'.

Example:



Reliever
- no. of puffs
in 24 hours