



Material: peakflowmeter, mouthpiece

Procedure:

1. Insert new mouthpiece into peakflowmeter.
2. The peak flow meter should read zero or its lowest reading when not in use.
3. Take in as deep a breath as possible.
4. Place the peak flow meter in the mouth, with the tongue under the mouthpiece. Close the lips tightly around the mouthpiece.
5. Blow out as hard and fast as possible; do not throw the head forward while blowing out.
6. Breathe a few normal breaths and then repeat the process two more times. Write down the highest number obtained. Do not average the numbers.

Pictures:



