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Asthma - Peak Flow Diary

This leaflet is designed to be printed out for people to record their peak flow reading.

Name

Date

Peak Flow Rate	1	2	3	4	5	6	7	8	9	10	11	12	13	14
600														
550														
500														
450														
400														
350														
300														
250														
200														
150														
100														
Time	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14

To take a peak flow reading

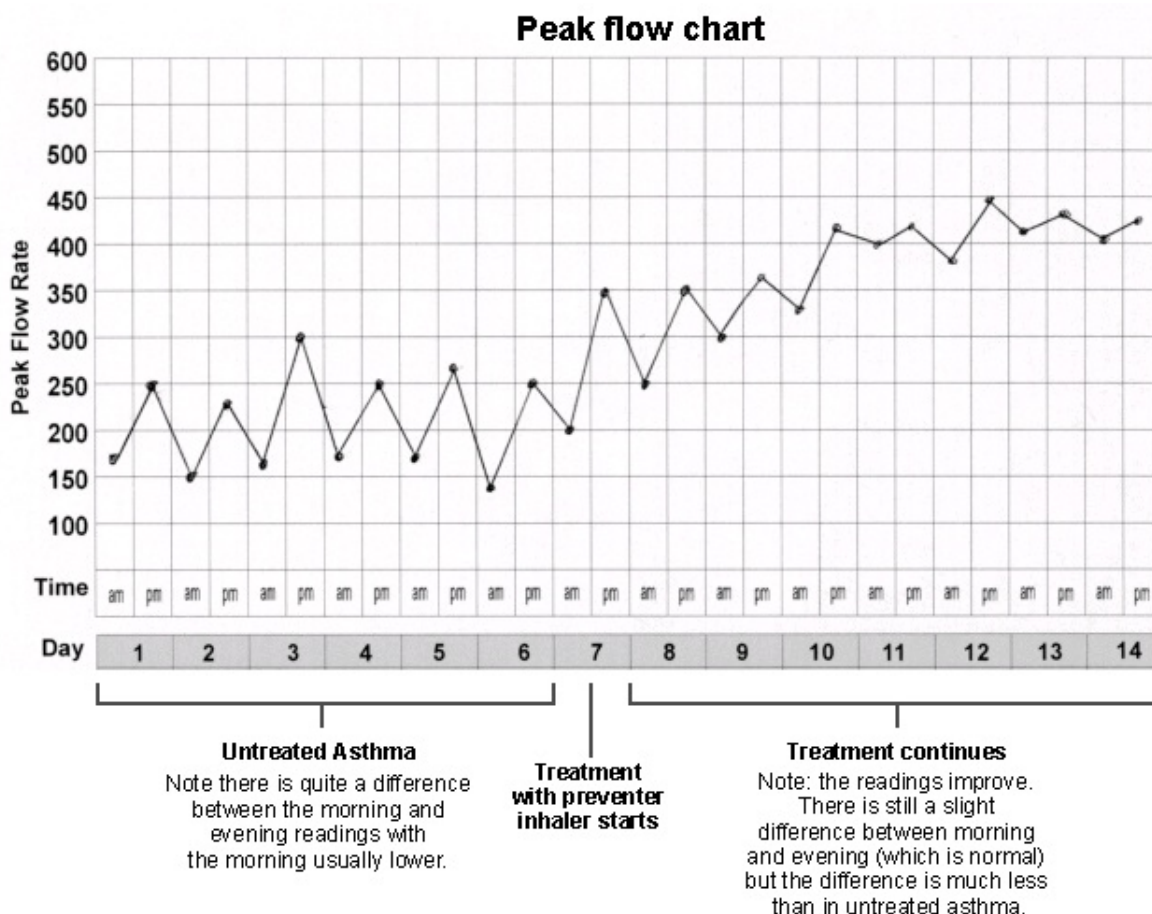
1. Put the marker to zero.
2. Take a deep breath.
3. Seal your lips around the mouthpiece.
4. Blow as hard and as fast as you can into the device.
5. Note the reading.
6. Repeat three times.

The 'best of the three' is the reading to record on the chart.

What are normal and abnormal peak flow readings?

Normal peak flow readings vary, depending on your age, size, and sex. The range of normal peak flow readings is published on a chart, and doctors and nurses refer to the chart when they check your peak flow reading. In healthy people, peak flow readings vary slightly from time to time. The reading is often slightly higher in the evening compared with the morning.

Below is an example of a two-week diary of peak flow readings done by a child who has quite bad asthma.



Further help & information

Asthma UK

Summit House, 70 Wilson Street, London, EC2A 2DB

Tel: (Adviceline) 0800 121 62 44, (Admin) 020 7786 4900

Web: www.asthma.org.uk

Further reading & references

- [British guideline on the management of asthma](#); Scottish Intercollegiate Guidelines Network - SIGN (Oct 2014)
- [Asthma](#); NICE CKS, Dec 2013 (UK access only)
- [Global Initiative for Asthma \(GINA\)](#)

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