

Tru Zone Peak Flow Meter and Peak Flow Zones

What is a peak flow meter?

A peak flow meter, such as the Tru Zone Peak Flow Meter (see Figure 1), is a tool to measure how fast air moves out of the lungs. When used the right way, a peak flow meter can tell how well the lungs push air out. Your health care team uses your peak flow number and symptoms as a guide for managing your asthma.

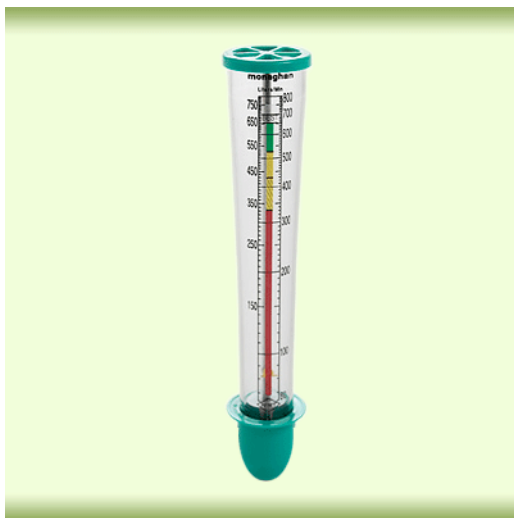


Figure 1: Tru Zone Peak Flow Meter

Why use a peak flow meter?

A peak flow meter helps you to:

- See how well your medicines are working;
- Figure out when to use more or less medicine;
- Find out what makes your asthma symptoms worse; and
- Tell if an attack is coming before you notice symptoms.

When is a peak flow meter used?

A peak flow meter should be used:

- Every morning and night before taking medications;
- Whenever asthma symptoms appear; or
- Any time your doctor or nurse asks you to.

How do I use the peak flow meter?

1. Remove gum or food from mouth.
2. Shake the peak flow vertically (up and down) until the yellow indicator has been reset, resting in the diamond near the mouthpiece.
3. Stand up.
4. Take a deep breath in until lungs are as full as possible.
5. Put mouth on the mouthpiece and close lips around it to form a tight seal. **Do not put tongue inside the mouthpiece hole.**
6. Blow out through the mouthpiece as hard and as fast as you can. Blowing makes the yellow indicator move up the number.
7. Repeat steps 4 through 6 two more times.

Do not shake the indicator to the bottom of the scale between tries.

8. If you cough or make a mistake, repeat steps 4 through 6 again. Record the highest of the three numbers on your peak flow record.

What is my personal best peak flow number?

Your Personal Best peak flow number is the highest number you can get repeated over a 2 to 3 week period when you feel well. Sometimes you may not feel well, even when your peak flow number is high. This may mean you have a cold or virus that is not triggering your asthma.

Your asthma doctor or nurse can help you find out what your personal best peak flow number should be.

Once you have your personal best number, you can use the zone system to find out if

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your airways are getting smaller before there are any symptoms.

Peak Flow Zone System

Peak flows fall into the following zones:

Green Zone 80% to 100%

Peak flow number is higher than _____ L/min. This means that asthma is under good control.

Green means go. You should:

1. Take your medicines as usual.
2. Keep doing activities as usual.



Yellow Zone 60% to 80%

Peak flow number is between _____ L/min. and _____ L/min.

Yellow means caution (warning). You should:

1. Start rescue medicine (albuterol, also known as Proventil® or Ventolin®) _____ times a day.
2. Take your preventive medicines as usual.
3. Check and record your peak flow 20 minutes after taking your rescue medicine.



Call your doctor or nurse if your peak flow does not go back up to the green zone, or to see if you need to change your medicine.

Call your doctor or nurse at _____.

You may also want to:

- Drink more liquids.
- Get extra rest.
- Wear a scarf over your mouth when it is cold outside.
- Use your peak flow meter more often to see how you are doing.

Red Zone Under 60%

Peak flow number is below _____ L/min

Red means stop. You should:

1. Use albuterol by nebulizer or inhaler.
2. Call your asthma doctor or nurse at _____.
3. If you cannot reach your asthma doctor, go directly to the hospital emergency room.



When to Call Asthma Doctor or Nurse

Call your asthma doctor or nurse if you are:

- Coughing whenever you use your peak flow meter;
- Having symptoms of asthma and your peak flow number is low; or
- Having symptoms of asthma and your peak flow number is still high.

A **Spanish** version of this education sheet is available from your provider.