

Home nebuliser assessment – symptom diary card

Performing peak flow

Please perform the following steps in the morning and at night time:

1. Ensure the peak flow meter is at zero
2. Hold the peak flow meter so your fingers do not obstruct the pointer or cover the exhaust holes at the end
3. Take a big breath in until you are full
4. Put your lips over the mouthpiece and blow out hard and sharp for one second
5. Remove the peak flow meter and note down your result
6. Repeat steps one to five three times and record the best effort on the diary card

Please see the reverse for the diary card



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Lung function and sleep
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham B15 2GW
Telephone: 0121 371 3870

