

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

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.

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