

IF YOUR PERSONAL BEST IS:

YOUR YELLOW ZONE BEGINS AT:

YOUR RED ZONE BEGINS AT:

USING THE PEAK FLOW METER

The peak flow meter is a tool to help you follow the course of your asthma and to make adjustments in your treatment program as needed, following the asthma management guidelines given to you by your doctor.


First, measure your personal best peak flow. Do this about 15-20 minutes after using your nebulizer or inhaler. Take the best of your 3 attempts. This is your personal best. Color that number in the 100% column. Come across to the 80% and 50% columns and color those numbers. Then, whenever you do a peak flow reading, look across the chart to see if your score is in the green, yellow or red zone.

PEAK FLOW GUIDELINES

The "green zone" refers to peak flow values between 80 and 100% of your best. This means your asthma is under control, and you should continue using your regular medications.

The "yellow zone" refers to values between 50 and 80% of your best, and indicates some increase in inflammation and obstruction in your airways. This also means and increase in reactivity to your specific asthma triggers. If your values are in this zone, you should increase the frequency of your anti-inflammatory inhaler and start using your albuterol or pirbuterol more regularly. Check your peak flow after using these inhalers, it should return to the green zone. If not, call your doctor.

The "red zone" refers to values less than 50% of your best, and indicates a severe amount of inflammation and reactivity. You should use your albuterol or pirbuterol inhaler immediately or use your nebulizer and call your doctor right away.



	50%	80%	100%
R E D Z O N E	300	480	600
	290	464	580
	280	448	560
	270	432	540
	260	416	520
	250	400	500
	240	384	480
	230	368	460
	220	352	440
	210	336	420
	200	320	400
	190	304	380
	180	288	360
	170	272	340
	160	256	320
	150	240	300
	140	224	280
	130	208	260
	120	192	240
	110	176	220
100	160	200	
90	144	180	
80	128	160	
70	112	140	
60	96	120	
50	80	100	
40	64	80	
30	48	60	
20	32	40	
10	16	20	
	50%	80%	100%

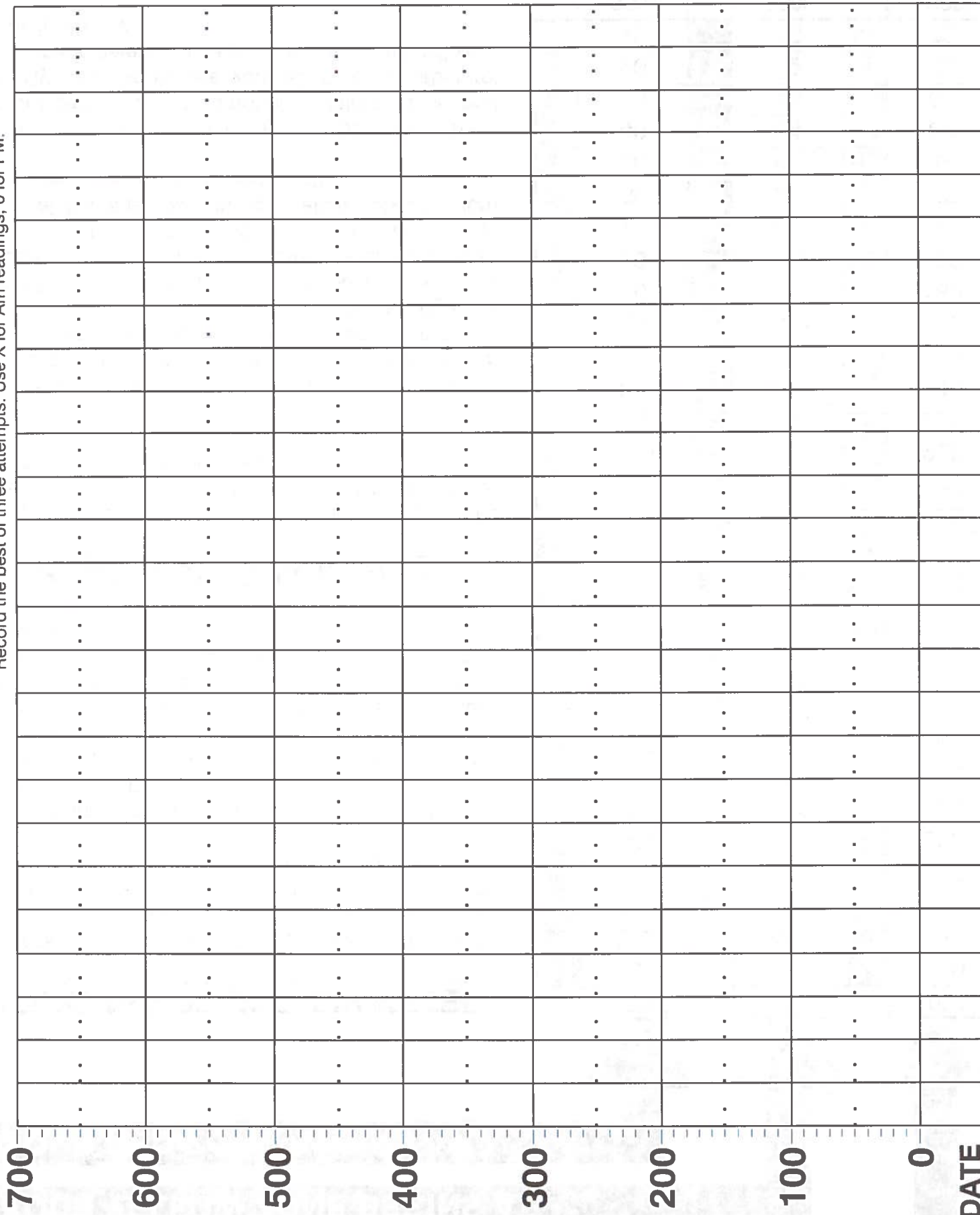
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Measure peak flow each morning and each evening before taking any medications.
Record the best of three attempts. Use X for Am readings, 0 for PM.



X = AM
0 = PM