How to use a peak flow meter

- Stand up or sit up straight

- Check that the red arrow on the peak flow meter is on zero

- Take a deep breath in filling the lungs with air

- Place the mouthpiece between your teeth and lips and blow hard and fast into the device (a single blow) – like blowing out candles on a birthday cake

- Note the number next to the arrow – this is your peak flow

- Push the arrow back to zero and take a few normal breaths

- Repeat twice more

- Record your highest blow

- The 3 blows should be about the same