



How to Record Your Standard Range Peak Flow Readings:

Measurement of your peak expiratory flow should be taken at least every morning and evening or as discussed with your doctor or specialist nurse. It is important to keep a record of your highest peak flow readings using this chart. Place a mark on the chart with your highest readings in the space provided, dependant upon time of day taken. By connecting these marks you will form a graph as shown in the example next to this section. This will indicate and keep a record of how your peak expiratory flow varies from day to day.

You should also perform this measurement and keep a record of your peak expiratory flow during times when you suddenly become breathless or wheezy and keep a note of time of day and what you were doing when this happened.



Manufactured by:
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 Chemilines House, Alperton Lane, Wembley,
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 Distributed by:
AAH Pharmaceuticals Limited, Coventry, CV2 2TX.