

Instructions for the self measurement of peak flow readings

1. Please ensure that your name and hospital number are clearly marked at the top of each sheet. Fill in your height on the front sheet. Fill in the date and the times you start and finish work on each day.
2. Measure your breathing every 2 hours when awake, starting as soon as you wake up and continuing through the day until you go to bed. Do this on every day of the week during the measurement period. It is equally important to measure your peak flow on weekends and holidays.
3. Always measure your peak flow before taking any inhaler
4. Remember to set the pointer on the meter back to the start after every blow. Hold the meter on its side taking care not to obstruct the scale with your hand. The mouth piece may be washed if necessary.
5. To perform a blow, take a deep breath in, and do a short sharp blow into the meter as hard as possible. Estimate the reading to the nearest 10 units, then reset the pointer.
6. On each occasion blow 3 times. Write down the *best* of the 3 readings in the appropriate space.
7. If you forget to do a reading, leave that space blank.
8. Please make a note on the form if you are ill in any way which may affect your breathing
9. Note any substances you were working with under the section 'materials used'
10. At the end of the peak flow measurement period which is normally four weeks, please return the completed sheets to us **in the envelope provided**.

**Please keep a photocopy of your peak flow records in case they get lost in the post.
Bring the copy with you to your appointment**

The address to send your peak flows to:

Julie Cannon
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Emmanuel Kaye Building
1b Manresa Rd
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Tel: 020 7351 8357