

Peak Flow Meter

A peak flow meter measures how fast air moves out of the lungs. This is a good way to check changes in your airways from asthma before you may feel them. Then you can take your medicines early to stop these changes and avoid a severe asthma attack. Use a peak flow meter as directed by your doctor.

How to use your peak flow meter:

1. Connect the mouthpiece to the peak flow meter.
2. Move the mark to zero.
3. Hold the meter with the thumb and the forefinger of one hand.
4. Stand up or sit up straight.
5. Take in a deep breath.
6. Close your lips tightly around the mouthpiece.



Medidor de flujo espiratorio máximo

Un medidor de flujo espiratorio máximo mide la rapidez con la que sale el aire de los pulmones. Ésta es una buena forma de detectar cambios en las vías respiratorias debido al asma, antes de que los pueda percibir. Así puede tomar antes sus medicamentos para detener estos cambios y evitar un ataque grave de asma. Use el medidor de flujo espiratorio máximo tal como le indique su médico.

Cómo usar su medidor de flujo espiratorio máximo:

1. Conecte la boquilla al medidor de flujo espiratorio máximo.
2. Mueva la marca hasta el cero.
3. Sujete el medidor con el pulgar y el índice de una mano.
4. Póngase de pie o siéntese derecho.
5. Inhale profundamente.
6. Cierre los labios apretados alrededor de la boquilla.



7. Blow out as hard and fast as you can into the mouthpiece with one blow.
8. Write down the number. If you cough or make a mistake, reset the mark to zero and do it again.
9. Do this 3 times. Record the highest of the three readings.
10. Clean the mouthpiece with soap and water.

What the Reading Means

- **Green Zone:** Means your peak flow shows your lungs are working well. Your medicine is working and you can go ahead with your daily activities.

Your green zone is readings above _____.

- **Yellow Zone:** Means your lungs are working harder. Your medicine may need to be changed. Take the action your doctor has ordered for you or call your doctor. Use caution in your daily activities.

Your yellow zone is readings between _____ and _____.

- **Red Zone:** Means you are having breathing problems and your asthma is not under control. Go to the doctor or call 911. You need treatment right away.

Your red zone is readings below _____.

Some meters have color markers that can be set to show your target zones. Your doctor or nurse can help you figure out your target zones, based on your readings when your asthma is controlled. You may need to check your readings for several days and then bring them with you to the doctor's office or clinic. Your target zone may be different than another person's because of your size, age and lung function.

Talk to your doctor or nurse if you have any questions or concerns.

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7. Exhale dentro de la boquilla lo más fuerte y rápido que pueda de una sola vez.
8. Anote el número. Si tose o comete un error, vuelva a poner la marca en cero y hágalo de nuevo.
9. Hágalo 3 veces. Registre la lectura más alta de las tres.
10. Limpie la boquilla con agua y jabón.

Significado del resultado

- **Zona verde:** Significa que su flujo espiratorio máximo muestra que los pulmones están funcionando bien. El medicamento está surtiendo efecto y puede seguir con sus actividades diarias.

Su zona verde es una lectura superior a _____.

- **Zona amarilla:** Significa que a sus pulmones les cuesta más funcionar. Es posible que tenga que cambiar de medicamento. Tome las medidas que su médico le ha recomendado o llámelo. Tenga cuidado en sus actividades diarias.

Su zona amarilla es una lectura entre _____ y _____.

- **Zona roja:** Significa que tiene problemas para respirar y su asma no está bajo control. Vaya al médico o llame al 911. Necesita tratamiento de inmediato.

Su zona roja es una lectura inferior a _____.

Algunos medidores tienen marcadores de colores que se pueden programar para que muestren las zonas deseadas. Su médico o enfermera pueden ayudarlo a entender las zonas deseadas, basados en las lecturas obtenidas cuando su asma está controlada. Es posible que tenga que controlar las lecturas durante varios días y luego, llevarlas a la consulta del médico o a la clínica. Su zona deseada puede ser diferente de la de otra persona debido a su tamaño, edad y funcionamiento pulmonar.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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Peak Flow Meter. Spanish