

Instructions for the Mini-Wright Meter

When to take Readings

The readings should be taken regularly, whether at work or not for **4 weeks**. The readings should be taken on waking and then approximately at **two hourly** intervals until you go to bed. It is **IMPORTANT** that you write down the times that you start and finish work each day and the jobs you do each day.



Taking Readings

1. Ensure that the white plastic mouthpiece is securely placed into the end of the barrel of the peak flow meter. Set the indicator to **Zero**.
2. Stand or sit in good posture.
3. Hold the peak flow meter lightly, with the gauge uppermost and ensure that your fingers are kept away from the gauge.
4. Take a deep breath - **As Deep As Possible**.
5. Place the mouthpiece into your mouth and close your lips around it tightly. **Blow Out**, as **Fast** and as **Hard** as possible.
6. Make a mental note of your reading i.e. where the arrowhead on the indicator is lying (where each small line = 10 units).
7. Return the indicator to **Zero** again.
8. Do this **Three or more Times**, so that you obtain three close readings (ideally within 20L/min of each other).
9. Write down the **Highest** of your three readings in the correct column onto the chart provided.

Notes

If you need to take your inhaler when it is time to carry out a peak flow reading, **do the blow first, then take your inhaler**. If you forget to take a reading, take one immediately and then go on to the next one as usual. Please write down on the charts if you have a cold or chest infection.

On Completion

Make sure you keep a copy of the charts if posting in case they are lost. Please remember to write down your **name and date of birth on all of the charts**, in case they are separated.