

## **INSTRUCTIONS FOR PEF MONITORING (DAILY MONITORING)**

### **Blowing:**

1. You should be standing, if possible.
2. Put the marker at zero. Keep the meter in horizontal position and make sure that your fingers do not block the marker or the vents.
3. Fill your lungs with air and place the mouthpiece between your teeth.
4. Close your lips around the mouthpiece and blow out as hard as you can (the blow should be forceful, sharp and short).

### **One test:**

Blow three times and enter all results in the form.

The difference between the two best blows should not be more than 20 units.

If the difference between the two best blows is more than 20 units, you should blow again.

However, you should not make more than five blows during one test.

### **Perform the monitoring during two weeks**

1. Make three blows every morning immediately after you have got up from bed and enter the results in the monitoring form.
2. Take medication opening your airways in accordance with the instructions.
3. After 15-30 minutes from taking the medication, blow again three times and enter the results in the monitoring form.
4. Repeat this in the evening e.g. at 21, every evening at the same time.

PLEASE NOTE: If are coughing or have shortness of breath and take medication opening your airways outside the test times, take extra tests before and after you have taken the medication.

### **If you need any help, please contact:**

**Name of the nurse:** \_\_\_\_\_ **Tel** \_\_\_\_\_

or the occupational health service at your workplace