



### **CONTROLLING ASTHMA**

This guide can help you control your asthma with the use of a peak flow meter, which measures the openness of your airways. Its routine use allows you to detect the earliest signs of an oncoming asthma attack. Knowing your GREEN, HIGH YELLOW, LOW YELLOW, and RED ZONE peak flow values removes the guesswork about how to adjust your medications. You'll be able to reverse the problem before it becomes too serious.

### **IMPORTANT NUMBERS**

Asthma Specialist \_\_\_\_\_  
Regular Doctor \_\_\_\_\_  
Hospital \_\_\_\_\_  
Emergency Room \_\_\_\_\_  
Pharmacy \_\_\_\_\_  
Other \_\_\_\_\_

### **USING YOUR**

### **PEAK FLOW METER**

1. Stand up and hold the meter straight, with both hands near the mouthpiece.
2. Be sure not to put your hands on the back of the meter.
3. Check that you are looking at the proper scale and that the arrow or indicator is at zero or the bottom of the scale.
4. Put your mouth around the mouthpiece and make a tight seal.
5. Take a deep breath, as deep as you can, and blow the air out as hard and as fast as you can.
6. The best of three efforts is recorded as the peak flow measure. Wait 30 seconds between each attempt.
7. Carefully review the instruction manual that came with your peak flow meter.

Patient: \_\_\_\_\_

MD: \_\_\_\_\_

Your peak flow meter is your guide to proper asthma control. The lowest daily reading determines the zone you are in for that day.

**BEST PEAK FLOW** = \_\_\_\_\_

**GREEN ZONE**

(80-100%) = \_\_\_\_\_ to \_\_\_\_\_

**Great! Your asthma is well-controlled. This is where you should be every day!**

*Treatment Plan:*

- Anti-inflammatory inhaler:* Azmacort/Beclovent/Aerobid/..... ( ) puffs \_\_\_\_\_ times/day.
- Bronchodilator inhaler:* Albuterol/Metaprel/..... 2 puffs before exercise or as needed every 4 hours for asthma symptoms.
- Theo-Dur/Slo-Bid/Uniphyll \_\_\_\_\_ mg every 12 or ( ) hours
- Other:

**HIGH YELLOW ZONE**

(65-80%) = \_\_\_\_\_ to \_\_\_\_\_

**Call your MD if you keep dropping into this zone frequently.**

*Treatment Plan:*

- Increase Azmacort/Beclovent/Aerobid/..... to ( ) puffs 3 or 4 times/day.
- Increase Albuterol/Metaprel/..... to ( ) puffs every \_\_\_ hours until back into green zone.
- Continue or START Theo-Dur/Slo-Bid/Uniphyll \_\_\_\_\_ mg every 12 or ( ) hours.
- Other:

**LOW YELLOW ZONE**

(50-65%) = \_\_\_\_\_ to \_\_\_\_\_

**Call your MD if stuck in this zone!**

*Treatment Plan:*

- Intensify Albuterol/Metaprel/.....: use 2 - 6 puffs every 20 minutes for 1 hour, then 4 - 6 puffs every 2 - 3 hours for rapid control of asthma symptoms. You may use your nebulizer.
- Increase Azmacort/Beclovent/Aerobid/..... to ( ) puffs every 6 or ( ) hours.
- Continue Theo-Dur/Slo-Bid/Uniphyll® \_\_\_\_\_ mg every 12 or ( ) hours.
- If not improved in 24 - 48 hours, begin Prednisone/Medrol\* and call your MD.
- Other:

**RED ZONE**

(BELOW 50%) = LESS THAN \_\_\_\_\_

**THIS IS AN EMERGENCY!**

*Treatment Plan:*

- Begin Prednisone/Medrol\*
  - Albuterol/Metaprel/..... 4 - 6 puffs or your nebulizer every 10 - 20 minutes up to 3 times.
- CALL YOUR MD. IF NOT SIGNIFICANTLY IMPROVED, GO TO THE EMERGENCY ROOM. HAVE A PLAN FOR GETTING EMERGENCY CARE QUICKLY. ALWAYS CARRY A BRONCHODILATOR MDI WITH YOU.**

\*EMERGENCY PREDNISONE/MEDROL REGIMEN:

\_\_\_\_\_ mg right away, then:

