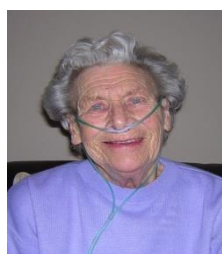


Home Oxygen Therapy

You have been prescribed oxygen therapy to use at home to help relieve symptoms such as breathlessness.

Your oxygen flow rate will be prescribed by your doctor or respiratory nurse. Advice will have been given to you regarding when and how to use the oxygen therapy – this will include short periods off the oxygen to allow nasal relief.



As shown above there are two basic ways of using oxygen: with a light, clear plastic face mask which sits over the nose and mouth or with a narrow plastic tube which delivers the oxygen into your nose.

Safety advice: Do's and Don'ts of your Oxygen Therapy

Too high a flow of oxygen can be as dangerous as too little.

It is important that you **do not** alter the flow rate on the machine unless you are advised to do so by a health care professional.

Please **do not** allow children or anyone unfamiliar with the equipment to tamper with your oxygen either.

If you feel drowsy, muddled or if you are experiencing a lot of headaches, please contact us.

Turn the machine on and off by the button on the front of the machine only.

Do switch off your oxygen at the valve/switch when you are not using it even for short periods of time.

Oxygen is a serious fire risk.

- ✓ **Do not** use oxygen near naked flame.
- ✓ **Do not** smoke or allow anyone in the room to smoke.
- ✓ **Do not** use or charge an electric cigarette in the same room as your oxygen equipment.
- ✓ **Do not** cook whilst using your oxygen
- ✓ You should not use oil based creams, or preparations that contain petroleum when using your oxygen equipment.

If you experience a sore nose use only preparations that **do not** contain petroleum e.g. aqueous jelly or Cavilon.

Nasal sprays such as Sterimar can also be useful and can be bought over the counter or on prescription from your GP.

Please discuss this with your pharmacist or nurse if you are concerned.

- ✓ **Do** inform the local fire service that you have oxygen in the house. They will visit you and provide you with safety information. If you do not already have smoke alarms they will be fitted free of charge.

Oxygen supply

A company called **Air Liquide** will supply you oxygen.

One of their engineers will come to your home to install the oxygen and explain to you how it works.

They will arrange for the machine to be serviced every 6 months.

Air Liquide patient information helpline number:

0808 1439992

Air Liquide will supply you with a User Guide. This contains useful advice and important information.

Please make sure you read this, and keep it safe for future reference.

We suggest you inform your electricity supplier if you are using an oxygen concentrator.

You will be put on a priority list for reconnection in the event of a power failure. If you use alternative methods of paying for your electricity, e.g. card or key, you may benefit from a discussion with the oxygen supplier.

Oxygen concentrator



Oxygen cylinders



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk