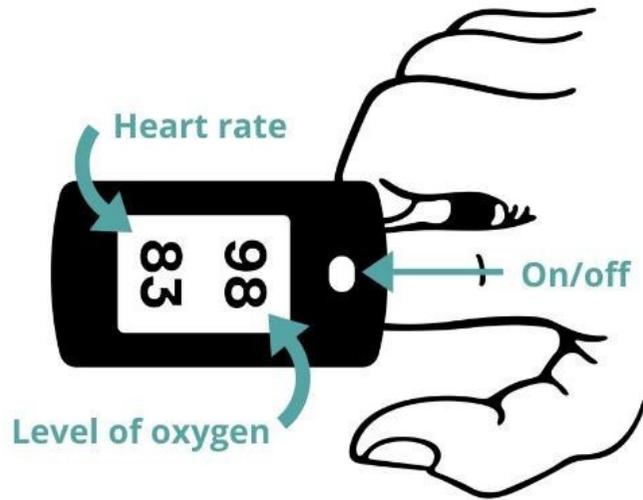


How to use a Pulse Oximeter

Follow these instructions to make sure the pulse oximeter gives an accurate reading



1) Remove any nail polish or false nails and warm your hand if cold.

2) Make sure you have been resting for at least five minutes before taking your measurement.

3) Rest your hand on your chest at heart level and hold still.

4) Switch the pulse oximeter on and place it on your finger. It works best on your middle or index finger (see diagram). It should not be used on your ear.

5) The reading takes time to steady. Keep the pulse oximeter in place for at least a minute or longer if the reading keeps changing, after one minute - repeat using the other hand.

6) Note your steady readings on both hands and record the highest result of the two.

7) Be careful to identify which reading is your heart rate and which is your oxygen level. (As shown in the picture)

You have been given a pulse oximeter so we can monitor your heart rate (how fast your heart beats) and blood oxygen level (the level of oxygen in your blood). If you have a carer, please ask them to help you.

Notes

Blank area for notes.

Take care of yourself at home if:

Oxygen and pulse are in normal range. Keep track of your temperature if you can. If your temperature is raised, or you have other symptoms such as cough, muscle ache, tiredness and change in taste and smell – please take paracetamol and drink regular fluids. Most people will get better by themselves within 2-3 weeks.

Ring your GP/NHS 111 as soon as possible if:

- You are feeling more unwell or more breathless
- Having trouble going to the toilet or similar and this has been happening for two hours or more.
- There is something wrong, usual activities are hard and you may feel general weakness, extreme tiredness, loss of appetite, decreased urine output, or unable to care for yourself.

Ring 999 if any of these symptoms are unusual/worse for you than usual.

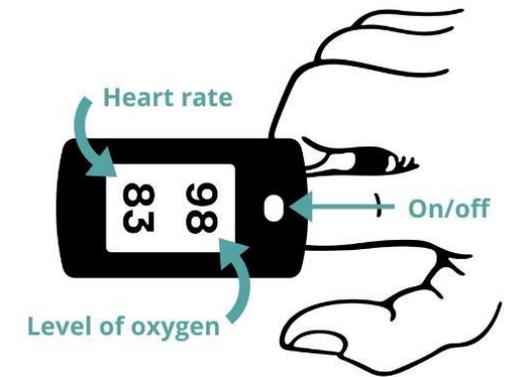
- Your breathing suddenly worsens within an hour.
- You are coughing up blood
- You have blue lips or a blue face
- You feel cold and sweaty with pale or blotchy skin
- You collapse or faint
- You become agitated, confused or very drowsy
- You have stopped peeing or are peeing much less than usual
- You are unable to complete short sentences at rest due to breathlessness.

Recording your results

When you are well, the blood oxygen level should be between 95-99%. An ideal heart rate is between 50 and 90 beats per minute (bpm). If you have any other health conditions, these numbers may be different

Your first measurement is your baseline. Take recordings three times a day, at the same time each day - for example when you normally eat in the morning, at lunchtime and in the evening.

Take extra measurements if you feel there has been a change in your health. Please also record changes in how you are feeling and your breathing. Keep track of your temperature if you can.



Pulse Oximeter

For heart rate and
blood oxygen level