HENDRICK
Medical Supply

Oxygen Therapy Discharge Instructions

Oxygen therapy is a treatment that provides you with supplemental, or extra, oxygen. Although oxygen therapy may be common in the hospital, it can also be used at home. There are several devices used to deliver oxygen at home. Oxygen is usually delivered through nasal prongs (an oxygen cannula).

Because of your illness you are being provide Home Oxygen to use at home. This has been prescribed by your healthcare provider while you recover from your illness. It is important to call our office when you no longer need the oxygen, if your equipment stops working or you need additional supplies.

Your prescription

You should set the flow at the prescribed flowrate on both the portable and the Concentrator at your home, your prescribed flow is _____liters per minute (l/m)

Oxygen Safety

Supplemental oxygen is generally very safe. However, there are a few major safety tips to keep in mind.

- ✓ The biggest safety measure is to keep your oxygen away from an open flame or a heat source. Oxygen won't cause a fire on its own, but it supports combustion. That means, if it comes in contact with a flame, it could start a very large fire.
- ✓ Keep anything flammable, such as aerosols or petroleum, away from the unit. Don't use anything that could spark, like electric razors, and especially don’t smoke or let others smoke near you while operating your oxygen device.
- ✓ Always keep your oxygen unit upright. Metal tanks should always be kept in a carrier. Single tanks not in carriers or in use should be kept lying flat so they do not fall over.

Your portable oxygen system

Tank with regulator, either continuous (with large tank in cart) or pulse dose which cycles when you take a breath (with large tank in cart or small tank in bag or carrier).

Since you will not be going outside your home while you recover from your illness, your tank or portable oxygen system, is intended for you to use while you transport to your home and as an emergency back-up if your homes electrical power should fail or your Oxygen Concentrator stops working. If this happens call our office to report the issue, we will attempt to troubleshoot the problem over the phone if we are unable to resolve the issue we will conduct a home visit.

Please follow the link to watch the educational video on how to attach your regulator below:

https://www.youtube.com/watch?v=8Hb87MsQ3tg

Things to remember:

- ✓ Always ensure there is a rubber washer on the largest of the three pins, holding the regulator level slide it over the yoke and match the pins up, hand tighten the regulator.
- ✓ After your regulator is attached, open your tank ***(turn it on)***, turn the wrench to the left one time, then set the dial to the prescribed flow rate listed above and provided to you by your healthcare providers.
- ✓ Once your tank is turned on and set to the prescribed flow rate place the **short nasal cannula** in your nose.
- ✓ To close your tank **(turn it off)**, turn the wrench to the right, always close your tank completely before removing the regulator from the tank.
- ✓ Always turn your tanks off when not in use.

How long will your oxygen tank last:

- ✓ A full large tank, E tank, with continuous flow of oxygen will last approximately:
    - 1 l/m - 9 hours
    - 2 l/m - 4 hours
    - 3 l/m - 3 hours
    - A chart is included in this packet for additional flow rates.

- ✓ If you received a "pulse" regulator see the appropriate reference chart in this packet for the regulator and tank you have received, the small tank is a M6 tank and the large tank is an E Tank. Please note the pulse.
    - Bonsai
        - https://www.youtube.com/watch?v=U6AH2glaprU
        - https://www.drivemedical.com/us/en/products/respiratory/oxygen-therapy-%26-accessories/oxygen-therapy/chad-bonsai-velocity-pneumatic-oxygen-conserver/p/297-1
    - Easy Pulse
        - https://www.youtube.com/watch?v=R4AXNDA9jDE
        - https://www.precisionmedical.com/media/1762/504429_rev15_art_092619.pdf
    - Mini Regulator
        - Attached information sheet
    - Smart Dose
        - https://www.youtube.com/watch?v=Ba0A6GaKERw

O2 Cylinder Delivery Chart:

	Use Times (Shown In Hours)							
Flow Rate:	1	1.5	2	2.5	3	4	5	6
M4								
Pulse Dose	5.7	3.8	2.9	2.3	1.9	1.4	1.1	.9
Continuous Flow	1.9	1.3	.9	.7	.6	.5	.4	.3
M6								
Pulse Dose	8.3	5.5	4.1	3.3	2.8	2.1	1.7	1.4
Continuous Flow	2.7	1.8	1.4	1.1	.9	.7	.6	.4
ML6								
Pulse Dose	8.6	5.7	4.3	3.4	2.9	2.1	1.7	1.4
Continuous Flow	2.8	1.9	1.4	1.1	.9	.7	.6	.4
M9								
Pulse Dose	9.75	7.5	5.1	3.9	3.4	2.5	2	1.7
Continuous Flow	3.4	2.5	1.8	1.5	1.25	.94	.75	.63
C								
Pulse Dose	12.1	8.1	6.1	4.9	4.0	3.0	2.4	2.0
Continuous Flow	4.0	2.7	2.0	1.6	1.3	1.0	.8	.7
D								
Pulse Dose	21.0	14.0	10.5	8.4	7.0	5.2	4.2	3.5
Continuous Flow	6.9	4.6	3.5	2.8	2.3	1.7	1.4	1.2
E								
Pulse Dose	34.4	23.0	17.2	13.8	11.5	8.6	6.9	5.8
Continuous Flow	11.4	7.6	5.7	4.6	3.8	2.8	2.3	1.9
This chart is intended to be used only as a guide.								

Home Oxygen Concentrator (machine that makes oxygen and plugs in at your home)

Patients who need constant oxygen at home or while they sleep are often prescribed home oxygen concentrators. Oxygen concentrators take air from your surroundings, extract oxygen and filter it into purified oxygen for you to breathe.

When you arrive home

- ✓ Once you arrive home, position your concentrator in a location that has ventilation around the unit. Do not place it against walls curtains or furniture.
- ✓ Plug the Unit in, turn it on, and dial the flow meter to your prescribed oxygen flow rate listed above.
    - Connect the long clear nasal cannula to the nipple on the concentrator. Place the nasal prongs in your nose. If you need extra length attach the Green Supply tubing to your concentrator outlet, then connect the swivel adapter provided to the other end of the tubing and attached the nasal cannula to the swivel. If your prescribed flow is > 5 l/m your nasal cannula will be green.
- ✓ Do not attached any additional tubing.

Please follow the link below to watch the educational video on how to use your oxygen concentrator:

Everflo Oxygen Concentrator

- ✓ https://www.vitalitymedical.com/pdf/everflo-user-manual.pdf
- ✓ https://www.lung.org/lung-health-diseases/lung-procedures-and-tests/oxygen-therapy/home-oxygen-concentrator

Drive DeVilbiss Oxygen Concentrator (5 l/m or 10 l/m concentrators)

- ✓ https://www.devilbisshealthcare.com/files/A-525D_Rev_F-FINAL.pdf
- ✓ https://www.youtube.com/watch?v=LWAehwWLGj0

Caire Companion (5 l/m or 10 l/m)

- ✓ https://www.caireinc.com/patients/manuals-tutorials-videos/

Portable Oxygen Concentrator

Zen-o lite

- ✓ https://assets.esab.com/asset-bank/assetfile/40993.pdf

Oxygo & Oxygo Next POC

- ✓ https://oxygo.life/marketing-oxygo
- ✓ https://oxygo.life/marketing-oxygo-next

SimplyGo POC

- ✓ http://incenter.medical.philips.com/doclib/enc/11407841/SimplyGo_User_Manual.pdf%3ffunc%3ddoc.Fetch%26nodeid%3d11407841

Additional Oxygen Education Videos are available on the American Lung Associations web site by following the link below:

https://Lung.org/oxygen

Important reminders:

- ✓ If your concentrator has an external filter, clean it weekly.
- ✓ Humidifiers are used if your liter flow is > 3 l/m
    - Remove lid, using distilled water, fill the humidifier only to the minimum line
    - Re-Attach lid being careful to not cross thread the lid, otherwise you will have a leak and not receive the prescribed flow
    - Be sure to hold the bottle level and ensure it is attached to the oxygen outlet straight and not cross threaded.
- ✓ Do not use more than 50 feet of tubing on the machine, use only 7 feet on portable oxygen concentrators
- ✓ Change your cannula every two weeks

Do not attempt to repair your equipment. If you need supplies, service or are ready for your equipment to be picked up please contact your Hendrick Medical Supply location and we will schedule time to assist you.

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