

PATIENT EDUCATION



Oxygen Therapy



Important Notice:

Oxygen is a drug and must be prescribed by your doctor. Like other drugs, it is important that you use oxygen exactly as your doctor prescribes. A flow rate, in liters per minute, has been prescribed to increase the supply of oxygen to you. This flow rate should not be changed without permission from your doctor. Too much oxygen can be just as harmful as too little.

In addition to an exact flow rate, your doctor may specify the length of time that you are to use the oxygen each day. You should follow these instructions as closely as possible.



Safety Precautions

Oxygen does not explode or burn, but it does support combustion and will make a fire burn faster and hotter. To avoid the chance of fire, and other possible hazards associated with oxygen, follow these safety guidelines:

- Do not permit open flames or burning tobacco in the room where oxygen is being used or stored.
- Do not use electrical equipment (electric shavers, electric blankets, electric heating pads, etc.) in an oxygen-enriched atmosphere. Keep these appliances at least 5 feet from any oxygen source.
- Do not use any petroleum-based products such as oily back rubs, lotions, creams, or Vaseline while receiving oxygen, and do not handle, or allow others to handle, oxygen equipment with these substances on the hands.
- Do not use aerosol sprays in the vicinity of oxygen.
- Do not use alcohol, alcohol-based products, or products containing ether or other flammable products.
- Do not oil or grease oxygen equipment.
- Do not allow oxygen tubing to be covered by bedding or any other objects.
- Do not route longer oxygen supply tubing under carpet or furniture.
- Do not leave oxygen on when not in use.
- Do not abuse or handle oxygen containers roughly.
- Do not allow untrained persons to use or adjust equipment.
- Do not attempt to repair oxygen equipment.
- Do not place oxygen containers near radiators, heat ducts, stoves, or any other sources of heat.
- Do not open cylinder valves too quickly.
- Do not transport oxygen in an enclosed area such as the trunk of your car.
- Use a stand for all oxygen cylinders or secure them with a belt, chain, or rope.
- Use only clothing and bedding made of 100% cotton to avoid sparks from static electricity. Avoid the use of wool, nylon, and other synthetic fabrics.
- Keep oxygen equipment out of the reach of children.
- Keep oxygen equipment free of dust by wiping it off periodically with warm water and a washcloth. A mild household detergent may be used if necessary.
- Never change your flow rate of oxygen from what your doctor has prescribed

Facts About Your Humidifier

A humidifier is often included as part of your oxygen equipment. It is a bottle or jar that is filled with distilled water and attached to the oxygen system to moisten the oxygen before you inhale it. Medical oxygen is completely dry, and breathing this completely dry gas at flow rates greater than 3 liters per minute may cause discomfort. You should use the humidifier provided if you experience any nasal dryness or discomfort.

If you use a humidifier, it should be kept clean at all times. Bacteria can grow in the water and on the wet surfaces in the moist environment of the humidifier. This bacteria growth can lead to infection.

Humidifier Care

- Add water to your humidifier every day using only distilled water. Do not overfill.
- Thoroughly clean and sanitize your humidifier at least once a week. Be sure to disassemble the humidifier before cleaning (there are two parts – the bottle and the cap with the stem attached).
- When you are adding distilled water, or cleaning and sanitizing, be sure to avoid touching any of the internal parts of your humidifier with your hands or allowing them to touch the surfaces of counter tops, sinks, etc.

Cleaning Materials

To clean your humidifier, you will need:

- Dish washing detergent (Joy is best since it does not leave a residue)
- White vinegar
- A small brush (a bottle brush or tooth brush)
- Two basins or buckets (Tupperware containers are ideal)
 - **Basin 1** should contain detergent water. This detergent solution should be discarded after each cleaning.
 - **Basin 2** should contain a solution of one-half white vinegar and one-half water. Make sure you have enough solution to cover the disassembled humidifier completely when soaking. This solution will last for approximately one week if it is stored in a covered container.

Cleaning Instructions

- Wash the disassembled humidifier in warm sudsy water (use a brush to remove any residue).
- Rinse all the parts thoroughly under clear, hot running water.
- Soak all the parts in a vinegar solution (one part white vinegar, one part water) for 30 minutes. Make sure all the parts are completely immersed in the solution.
- Rinse all the parts thoroughly under clear, hot running water.
- Lay the parts on a paper towel in a clean area and allow them to dry.
- Reassemble the parts and store them in an equipment bag.

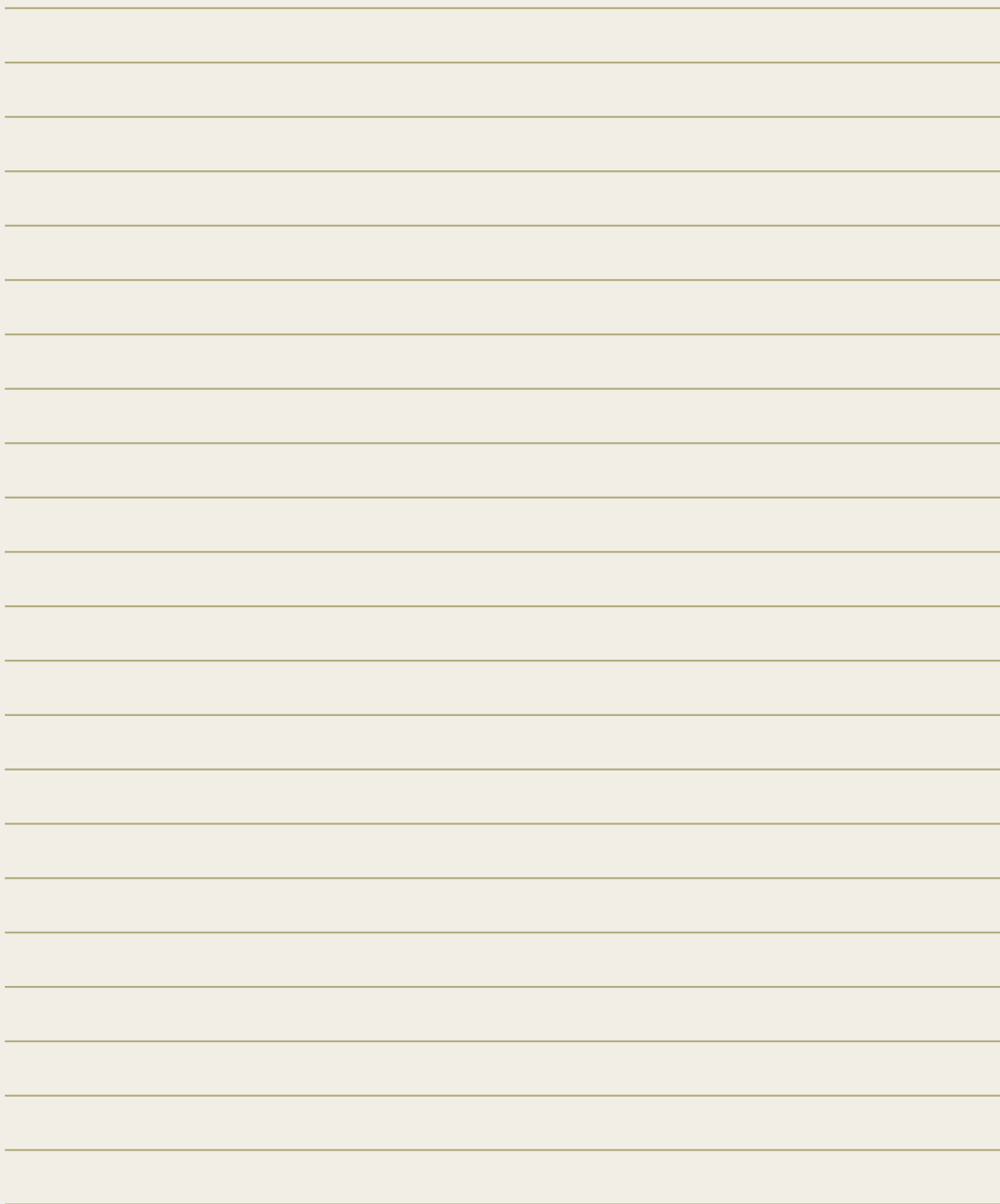
Cannula and Extension Tubing

The cannula is a “nosepiece” with 2 prongs that fit into the nostrils to supply you with oxygen. If the prongs are curved, they should be inserted with the curved portion toward your head. The other end has the connector that attaches to the extra tubing, nut and nipple, or the humidifier. You should clean the cannula daily by wiping the prongs with a clean damp cloth. Replace the cannula with a new one every two weeks and discard the old one.

Extension tubing should never exceed 50 feet in length. Using extension tubing that is greater than 50 feet can result in a decrease in the flow of oxygen provided to you. You should change your extension tubing approximately every two months.



Notes



1-800-250-4468
E-mail: info@medicor.us
www.medicorhealthcare.com

