Home Oxygen Monitoring

Patient Instructions

**How to use oxygen monitor**

1. Insert two AAA batteries.
   1. Push the battery cover horizontally along the arrow shown on the back panel
   2. Install two AAA batteries
   3. Close battery cover
2. If any finger nail polish, remove before use.
3. Open the monitor and insert pointer finger into the rubber hole.
   1. Monitor should face up
   2. Your fingernail should face up
4. Rest hand on table with oxygen monitor on finger.
5. Press button on monitor to turn on.
6. Read numbers on screen after at least one minute of rest.
   1. **Left number is oxygen saturation (%SpO2)**
   2. Right number is heart rate\* (beats per minute)

\*We are not focusing on heart rate

**When to use oxygen monitor**

1. Record oxygen measurement three times per day.
   1. Morning, Midday, and Evening.
   2. NOT overnight
   3. Record measurements on second page
2. And measure oxygen when you feel the following symptoms:
   1. Difficulty Breathing
   2. Dizziness
   3. Confusion
   4. Worsening Fatigue

**When to contact respiratory clinic**

1. 93 - 100% SpO2: Oxygen levels are good. No call needed unless you have new symptoms or worsening shortness of breath.
2. Less than 93%: Oxygen levels may be low.
   1. Ensure you are seated with hand at rest on table
   2. Try monitor on another finger for a few minutes at rest
   3. If still less than 93%, call clinic at 617-284-7000

|  |  |  |
| --- | --- | --- |
| **Date** | **Time** | **Oxygen (%SpO2)** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |