

Useful **DOs** and **DON'Ts**

Do inform the local fire service that you have oxygen products in the house.

Do inform your electricity supplier that you are using an oxygen concentrator. You will be put on a priority list for reconnection in the event of a power failure.

Do inform your home insurance company. This should not affect your premium.

Do have a smoke alarm in your home.

Do not leave your concentrator/cylinder running when it is not in use.

Do not leave your nasal prongs/mask on the bed or chair with the oxygen running as there may be a build-up of gas which could be dangerous.

Do not smoke whilst receiving oxygen therapy.

Do not allow others to smoke in the same room while you are using the oxygen.

Do not use flammable products near your oxygen, or paraffin based cream on your nose if it becomes sore.

If you have any other questions about home oxygen therapy or your treatment in general, please contact the respiratory nurse specialist on

Respiratory Team

0161 922 4948

**IF YOU WOULD LIKE THIS IN
LARGE PRINT PLEASE ASK
YOUR HEALTH CARE
WORKER.**

**FOR OTHER LANGUAGES
CONTACT LIPS ON 0161 922
5150/5149**

Other useful numbers

British Lung Foundation
08458 505020

Breathe Easy Northwest
0151 2247778

Asthma UK
08457 010203

Air Liquide Patient No:
0808 143 9999

Customer Care Team (PALS)
01270 612410

Home Oxygen Therapy



A Patients Guide
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October 2018 version 3

Patients often have questions about the use of home oxygen.

Here are answers to some of the more common ones but please ask us if you want to know more.

Will I become dependent on oxygen?

No. Think of it as a vitamin supplement for the lungs and body. When you are at home, awake or asleep, you should use it. However, if you want to go out or have a break away from home there is no need to have oxygen all the time. You will not become dependent or 'hooked' on oxygen and it will never lose its useful effects.

Why 15-16 hours a day?

Several studies in Britain and America have shown that this amount of oxygen will prolong life and may improve its quality. The more you take the better, but the evidence is that an average of 15-16 hours a day should be minimum.

This can be flexible to fit in with your lifestyle, and should not restrict you in any way. Further advice on this can be sought from the respiratory nurse.

How does oxygen work?

Oxygen is needed for all the organs of the body to function properly. If our air passages or lungs are damaged by a chronic lung disease the lungs cannot get enough oxygen into the blood and this puts a strain on the heart. By breathing in extra oxygen we can reduce this strain on both the lungs and the heart, and eventually it can also help improve memory, alertness, sleep, mood and general well being.

How long before I notice any benefits?

Some patients notice a difference immediately once oxygen is commenced. However many patients do not feel any benefit at all. Remember oxygen does not cure breathlessness; it corrects low oxygen levels only.

Are there any problems with oxygen therapy?

No. In some patients too rich a concentration of oxygen can be harmful, but you will have been carefully assessed as to how much your body requires in the hospital. You must not use your oxygen close to a fire or any naked flame,

You must not smoke cigarettes/E.cigs whilst on oxygen therapy.

Will I have to be treated with oxygen for ever?

Every patient is different and it is impossible to predict whether or not you will always need oxygen therapy. Sometimes it is just when you have a worsening of your symptoms. Usually, once the decision has been made that you will benefit from oxygen it will mean lifelong treatment. This decision is made within the oxygen assessment clinic. It is really important you attend for review regularly.

Important

The cost of the electricity you use for your machine will be reimbursed. How you will be reimbursed may depend on how you currently pay your electricity bill – ask your supplier.

Holiday orders

This can be done by Air liquid unless additional products needed then contact respiratory nurses with minimum 2 week notice.