



OXYGEN THERAPY

PURPOSE: We all need oxygen in order to live. Due to certain illnesses that interfere with the functioning of the lungs, supplemental oxygen is required to increase your blood oxygen level. With the use of supplemental oxygen, symptoms of shortness of breath, fatigue, headaches, loss of memory or confusion should improve.



PRESCRIPTION: Oxygen is a prescribed drug and your physician has ordered a specific liter flow and hours of use. Your settings are prescribed as follows:

___LPM at rest ___LPM during **activity** ___LPM while **sleeping**
___Hours per day

If your physician changes your liter flow or hours of usage, it is important to contact Allay Home Care so that we can obtain a new prescription. Also, notify Allay Home Care if you change doctors or if your insurance information changes.

DELIVERY MODES: An oxygen concentrator is an electrically operated device that draws in room air, separates the oxygen from the other gases in the air and delivers the concentrated oxygen to you.

Portable cylinder systems consist of a cylinder, which stores the pressurized oxygen and a regulator which controls the flow of oxygen from the cylinder. There is a washer that fits between the regulator and the cylinder which prevents the oxygen from leaking out of the cylinder. It is important that the washer be used at all times and only use the washer that is provided with the regulator. If you lose the washer, call Allay Home Care for a replacement. Allay Home Care will furnish you with a back up cylinder system in case of power outage or equipment failure.

OPERATION: Insert the power plug on your concentrator into a grounded outlet. Do not put your concentrator on an outlet that has other major appliances on it. Never place your concentrator near any heat source or heat vent. Never place in a closet and always keep at least 12 inches away from curtains, bedding and walls so that nothing blocks the flow of air to your concentrator. Attach the nipple adaptor to the concentrator outlet tube and attach the oxygen tubing to the nipple outlet. If a humidifier has been ordered, attach the bottle that has been filled with distilled water only. Never use tap water in your humidifier. Do not overfill the bottle. Too much water in the bottle will cause water to collect in your oxygen tubing. Always make sure that you have screwed the humidifier bottle on correctly and have not cross threaded. Check the jar frequently to make sure the water level is not too low. You may wish to use your back up system while refilling or cleaning your humidifier bottle. Always turn your oxygen concentrator OFF when refilling or cleaning your humidifier and cleaning your filter.

CLEANING: You only need to wipe down your concentrator with a damp cloth to remove any dust from the outside cabinet. Once a week, remove the filter and wash in warm soapy water, rinse thoroughly with warm water, gently squeeze water from the filter, then pat dry with a clean towel. Reattach the filter when completely dry.

CLEANING & DISINFECTING YOUR HUMIDIFIER BOTTLES: Humidifier bottles should be cleaned every 3 days with warm soapy water, rinsed and then disinfected with 3 parts water to 1 part vinegar for 20 minutes, rinsed and let air dry. Put a new humidifier bottle on every 30 days. Always remember cleaning and disinfecting will reduce possible infections. Make sure that your humidifier bottle is properly screwed on and that you can see water bubbling after cleaning or replacing your humidifier.

CARE OF OXYGEN TUBING: Minimal care is required of your oxygen tubing and nasal cannula or mask. Wipe clean with a damp cloth only. Do not use alcohol or oil-based products on or near your cannula or mask. Replace your nasal cannula or mask every 2 to 4 weeks and the oxygen tubing every 90 days. Oxygen masks can only be used on higher flow rates and are by prescription only.

SAFETY PRECAUTIONS:

- Keep oxygen and tubing at least 5 feet away from any heat source.
- Keep oxygen away from all open flames.
- Do Not use an electric razor or hair dryer when using oxygen.
- NO SMOKING in the same room as oxygen equipment.
- NEVER use oil based face or hair creams.
- NEVER use furniture polish on your concentrator.
- Do Not use an extension cord with the concentrator.
- Store oxygen cylinders either lying down (unstacked) or upright in an approved cylinder rack.

TRAVELING WITH OXYGEN: When traveling by car, secure all cylinders to prevent them from moving within the vehicle. Do not store oxygen in the car trunk and keep a window partially open for air circulation. Do not allow anyone to smoke in the vehicle. When traveling by plane, contact your airline for oxygen travel requirements and consult your physician for any changes in liter flow while flying. There is a charge for using the plane's oxygen and some require up to a four week notice. Contact Allay Home Care in advance to assist you with your travel plans.

EMERGENCIES: Allay Home Care understands that oxygen services should never be interrupted. We maintain a technician on-call 24 hours a day, 365 days a year. If your equipment fails or if your power goes out, call us. You should always maintain an adequate supply of oxygen on hand in case of natural disaster or other emergency. Allay Home Care will assist you in setting your safety limit.

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