



Oxygen Therapy

Do's

- Set flow rate for only the number of liters ordered by the doctor
- Keep tubing and humidifier bottle clean. Change tubing as directed
- Arrange equipment to avoid tripping on oxygen supply, especially at night
- Oxygen can be drying to the nose and lips. You may apply a water soluble lubricant, like K-Y Jelly. *Never use petroleum based jelly, like Vaseline.*
- Use saline nasal spray for dryness.
- Make sure there are working smoke detectors and smoke alarms in your home.
- Have a fire evacuation plan
- Notify your local fire department and power company that you have oxygen in your home.
- Always be aware of the amount of oxygen left in your tank.

Name of Oxygen Company

Phone number of Oxygen Company

Do Not's

- Do not change flow rate without doctor's order
- Do not permit smoking in the room with oxygen
- Do not smoke while using oxygen
- Do not place oxygen within 10 feet of heat (open flame, candle, gas stove, pilot light, wood burning stove, or direct sunlight)
- Do not place oxygen supply within 10 feet of electrical appliance or equipment
- Do not spray aerosol (such as air freshener or hair spray) near oxygen



What are the signs that I am not getting enough oxygen?

- Restlessness
- Confusion
- Shortness of Breath
- Bluish fingernails
- Bluish area around lips and mouth
- Increased forgetfulness
- Increased sleepiness
- Increased yawning