

Are there any groups who can offer me support and advice?

- British Lung Foundation Wales 01792 455764
- Your trained Baywater engineer will answer any questions that you have and show you how to use all equipment. You should tell the engineer exactly where you will need to use your oxygen.

Personal Information

You should use your oxygen: _____

Your Flow Rate is: _____

You will next be seen in the clinic on _____ by _____

Date of expected Oxygen delivery: _____

No of cylinders _____ please reorder when you have _____ cylinders remaining

Smoking While on Oxygen is Unsafe

Smoking is not only detrimental to your health and those around you, but it can also be dangerous and cause harm.

Do not:

- Smoke while on oxygen.
- Use an E-cigarette while using oxygen.
- Let family or friends smoke around you while on oxygen.

If you must smoke wait for thirty minutes after using the oxygen and please smoke outside; not while using the oxygen. Help to quit smoking can be found at your GP surgery, most local pharmacies and also at

www.stopsmokingwales.com



Oxygen is very safe to use but caution should be taken in certain circumstances:

- Do not use naked flames e.g. open fires, lighters, matches, gas cooker, candles while on oxygen
- Do not use oil, grease or Vaseline.
- If you must cook do not cook while using oxygen.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

Home Oxygen Service

A guide to the safe and effective use of Home Oxygen

Patient Information Leaflet

What is Home Oxygen?

You have been given this leaflet because you have been prescribed oxygen by a Specialist Respiratory Consultant or Respiratory/Oxygen Nurse who feels that you need help with your breathing. Oxygen equipment will be delivered to your home and installed by engineers from Baywater Healthcare.

How long will I remain on Home Oxygen?

While you are receiving Home Oxygen you will be monitored by a Consultant or Nurse who will see you regularly to re-assess your needs. If you no longer require oxygen, arrangements will be made to remove your Home Oxygen equipment.

How should I care for my Home Oxygen equipment?

The equipment will be serviced by Baywater Healthcare who should be contacted directly if the equipment alarms or fails. You will be given an information pack with contact details. If you have unresolved problems then inform the Home Oxygen service.

What's next?

The Consultant or Nurse will order the oxygen and tell you the date that it will be delivered – please ensure that you are at home to receive it.

Tell the engineer where in the house you will need to use your oxygen. He will carry out a risk assessment to ensure that there are no potential hazards. You should be able to undertake routine activities without any significant restrictions.

Keep a check on your stock of cylinders, tubing and masks, and re-order in good time. Baywater are responsible for replacing equipment including cylinders. If you have portable cylinders unless instructed otherwise, you should only use these while away from home.

Can I cook and eat while using oxygen?

You can continue normal activities as long as you use common sense. Do not cook while using oxygen, do not smoke, and be careful that oxygen tubing does not come into contact with any source of heat that could melt it. Using oxygen while eating may help reduce shortness of breath that some patients experience during and after a meal.

Can I use electrical appliances while using oxygen?

Keep any appliance that could get hot or spark (including E-cigarettes) at least 5 feet away from the oxygen system.

Do I have to use oxygen all the time?

Your Consultant or Nurse will advise how many hours per day you should use oxygen along with the prescribed flow rate.

Are there any hazards involved in using oxygen?

Oxygen is not flammable itself but anything that does burn will do so more intensely in its presence. Never use oxygen near an open flame, burning cigarette or electrical equipment that could spark.

Do not use oil, grease or Vaseline with or near oxygen equipment.

If frost forms on your liquid oxygen system do not allow it to contact your skin.

Your oxygen supplier will explain correct operation and safety precautions for your equipment.

Always use the equipment exactly as directed by your health professionals and never change the flow rate without their approval.

If your oxygen does not arrive on time or you experience any problems please do not hesitate to contact the specialist to discuss this.

Home Oxygen Service

If you would like further information or advice on home oxygen please contact your local Home Oxygen Service.

Monday to Friday 8.30am - 4.30pm

Ysbyty Cwm Rhondda Hospital :-
01443 430022 ext 2891

Baywater Homecare Helpline 0800 373580