

Home pulse oximeter

Here's what you need to know.

A pulse oximeter (or pulse ox) is a noninvasive electronic device that measures the concentration of oxygen in your blood.

Why was I given a pulse oximeter?

Your care team is concerned that your oxygen level may become low. The pulse oximeter will allow you to monitor your oxygen level and contact a provider if you have a low reading. The provider can then instruct you on next steps.

How do I use the pulse oximeter?

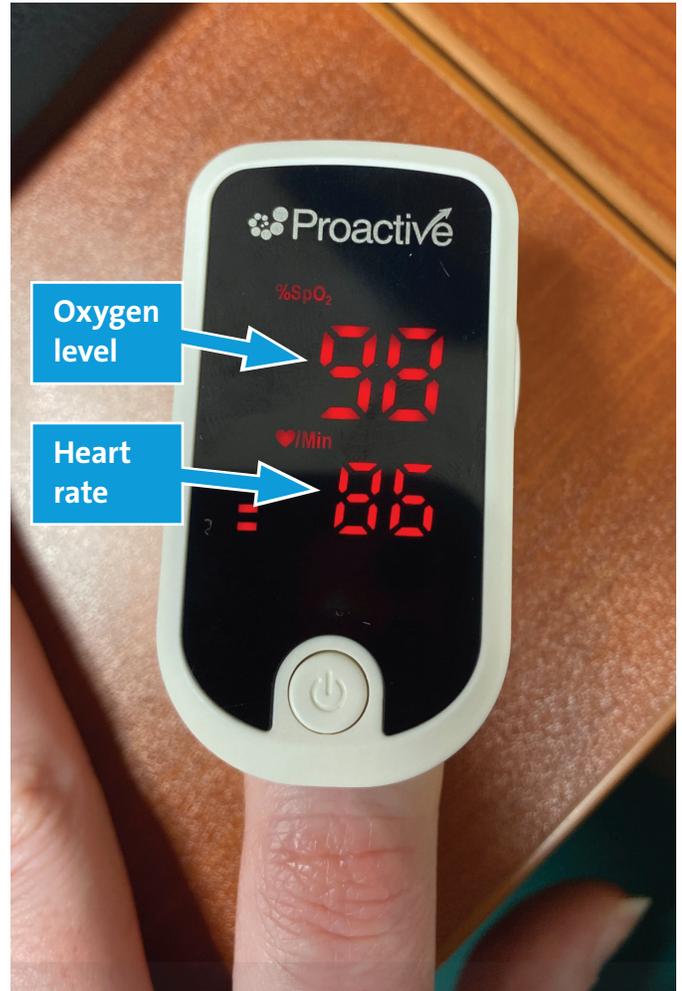
The box containing your device has specific manufacturer instructions inside on proper use. Please review these instructions carefully before using the device. Your care team will review some of the basic instructions prior to your discharge.

What is a normal oxygen level?

Most people have an oxygen level between 94% and 100%. Some people, like smokers and patients with chronic lung disease, may have a lower oxygen level on a regular basis. It is important for people to maintain a normal or close to normal level of oxygen.

When should I be measuring my oxygen level?

Your oxygen level should be monitored any time you feel short of breath and at least every four hours while awake until your symptoms resolve. Please keep track of your oxygen levels on the Self-Monitoring Log attachment.



If you notice an oxygen level of 90% or less for more than one minute, please contact your provider at _____. They will assist you in determining next steps.

Don't delay calling 911 if necessary.