

# First Night Guide

Healthcare  
Helpline  
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## Introduction

Your Healthcare Professional has ordered home oxygen equipment for your medical condition. Baywater Healthcare understands that this may be a worrying time for you. This first night guide aims to answer some of the questions you may have.

## Who is Baywater Healthcare

Baywater Healthcare is a specialist provider of healthcare services. We will come out and provide, care for and maintain your oxygen equipment and ensure that you have all the information you need.



## First Night

Using oxygen for the first time at home can be scary but it doesn't need to be. You will have been provided with a guide, and the Healthcare Technician will have given you instructions on how to use your oxygen.

It is important to use the oxygen as you have been advised by your Healthcare Professional including for the amount of time they advise it to be used. If you are unsure about how and when to use your oxygen please speak to your Healthcare Professional.

### Good news!

You can do most of the things you did before you had oxygen



# Common Questions

## Why is there so much tubing?

Your oxygen equipment may have been provided with a long length of tubing. This is so that you can move around your home freely.

It is a good idea when moving around to put the tubing over your shoulder so that you don't trip or get the tubing trapped.



## Can I eat and drink?

Yes you can eat and drink as you normally would. If you use a mask, remove it and turn your oxygen off. If you use nasal prongs there is no need to take them off.

Be careful when cooking around a fire such as gas oven or stove. Always make sure that you do not use your oxygen around fire.

## Can I sleep using oxygen?

Yes you can. If your Healthcare Professional has told you that you need oxygen overnight then you can use it. Don't worry, lying on your tubing will not stop your oxygen flow. Sleeping with oxygen will feel a little strange at first but you will get used to it.



## Can I shower and use a bath?

Yes you can. Keep the nasal prongs or mask on whilst showering or having a bath if you need oxygen for long periods. Ensure your tubing and equipment does not get wet. Towel-dry the tubing gently. Try to keep the tubing as dry as possible. If you get water inside your nasal prongs, they will need to be changed.



# Driving/Travelling With Oxygen

You can still drive or go in a car if you have oxygen, just follow the safety advice below:

- Put your oxygen equipment in the boot or on the seat with seatbelts fastened
- If you are going to use more than one oxygen cylinder, use the safety box that your Healthcare Technician brings your oxygen equipment in
- Do NOT smoke
- Do NOT use oxygen at a petrol station

## Buses, Trains, Trams

You can still use all public transport with oxygen, you just need to check with them first.

## Restaurants, Cinemas, Theatres

Take enough oxygen with you when you are going out for a meal or to watch a film, play or concert.

Take an extra oxygen supply with you in case of delays.

Be careful around other people who smoke or other fires such as barbecues.



# Be Safe

The following is a list of things to be extra careful around when using oxygen:



Do not smoke



Do not use creams or lotions



Keep away from fire



Do not use when cooking



Do not use with styling appliances such as heated rollers, hair dryers, straighteners



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