

Oxygen Monitor



Your oxygen monitor is a simple way of measuring the amount of oxygen in your blood. This information will help your Healthcare Professional monitor your wellbeing.

You should use your oxygen monitor as regularly as you have been advised.

The device is battery powered. It will automatically turn on once you place a finger inside (a red light should glow). If it does not turn on, the batteries may need replacing.

Caution

Long nails or nail varnish may prevent the oxygen monitor from working correctly.

How to use your Oxygen Monitor

Before you take your reading:



Make sure hands are clean and warm before taking reading



Nail polish, false and long nails will affect the readings



Sit down for ten minutes before each reading

During your reading:

- Sit down and rest for ten minutes before taking your oxygen levels.
- Place your arm on a chair/table.
- Place your finger into the bottom of the blood oxygen monitor.
- The device will automatically turn on when the finger is inserted. (the device will then perform a brief self-test).
- After the brief self-test your oxygen level will then show on the screen.
- The oxygen level reading is the large number shown at the top of the screen. The heart rate reading is shown at the bottom of the screen besides a flashing heart rate symbol.
- Wait a minute before recording your reading.

