

**How do I use oxygen safely?**

- Do not smoke or use e-cigarettes while having oxygen therapy or near the oxygen equipment. Never let anyone else smoke near the equipment – this includes smoking e-cigarettes.
- Do not change the oxygen setting without speaking to a clinician; this is unsafe and may make you dangerously unwell.
- Stay away from any naked flames (including candles), open fires and heat sources such as gas appliances.
- Do not use oil based lubricants, moisturisers, grease, or petroleum based products near the oxygen supply.
- Do not use flammable liquid such as paint thinners near the oxygen supply.
- Ensure smoke alarms are fitted at home and test weekly to confirm they are working.

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Home Oxygen Assessment and Review Team: 01623 781891**

**Oxygen supplier (BOC): 0800136603**

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

**INFORMATION FOR PATIENTS**

**Being discharged with oxygen from Newark Hospital**

<b>Name</b>	
<b>Prescription</b>	<b>HPD</b>

To be completed by the Communications office  
Leaflet code: PIL202210-02-DNO  
Created: November 2020/ Revised: October 2022/ Review Date: October 2024

## Why have I been prescribed oxygen?

When patients have been unwell in hospital due to their breathing, it can sometimes take longer for their oxygen levels to return to normal

For some patients, if their oxygen levels are low, it may be necessary to provide oxygen at home while they recover. **This may be on a short term basis.**

Oxygen therapy increases the amount of oxygen in your lungs and bloodstream. If you have lung or heart disease, you may need oxygen therapy if you have low oxygen levels in your blood. Oxygen is only used for this purpose - it is not a treatment for breathlessness.

There are rare exceptions for using oxygen with other diseases.

Oxygen therapy corrects the low oxygen level in your bloodstream, helping your body function better.

## What happens next?

When you are discharged from hospital on oxygen, the local oxygen specialists are made aware that you have oxygen.

You will be contacted by telephone, in the first instance, within 14 working days from the Home Oxygen Assessment and Review Team. If required they will arrange to review your oxygen levels.

**If, at this assessment your oxygen levels are back to normal, oxygen therapy may be stopped at this point.**

People with lung conditions can often feel anxious, which can cause breathlessness. This does not necessarily mean you need oxygen.

Oxygen is a drug and must be prescribed according to a patient's oxygen levels. If your blood oxygen levels are constantly lower than acceptable even when well, you will be advised to use oxygen on a long term basis.

## Will I have to take oxygen forever?

Every person is different and it is impossible to tell if you will always need oxygen therapy.

Before receiving oxygen in the long term, an assessment by a specialist respiratory team will be carried out in order to prevent inappropriate and dangerous use. Blood tests will look at the amount of oxygen you have in your blood; this tells us if you need more or less oxygen, or if it can be stopped altogether.

## Can I have too much oxygen?

Yes. Oxygen is a prescribed drug that all patients must be carefully assessed for. It is not true that oxygen can do no harm.

People who take oxygen when they do not have low oxygen levels in their blood may get several short and long term harmful effects, together with an increase in carbon dioxide levels in their bloodstream.