

Further information

Asthma + Lung UK (asthmaandlung.org.uk)

Search Pulse oximetry - Help line 03002225800

www.BreathingPoint.co.uk

If you require any further information or advice regarding your oxygen please contact your oxygen service, GP or COPD / Respiratory Nurse.

The oxygen service can be contacted on 0151 430 1553
9am-5pm, Monday – Friday

If you are known to St Helens Integrated Community COPD Service from 08:30 am – 19:00pm (7 days a week), they will be able to discuss your enquiry and help with any problems.

**St Helens Community COPD Rapid Response
Lowe House
St. Helens
WA10 2DJ**

Tel: 0151 430 1553

Email: Sthelens.copd@nhs.net



BreathingPoint.co.uk

**Supporting lung health in
Cheshire and Merseyside**



St Helens Hospital
Marshall Cross Road,
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Telephone: 01744 26633

www.MerseyWestLancs.nhs.uk



**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Pulse Oximetry

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is pulse oximetry:

A pulse oximeter, also known as an oxygen reader, is used to monitor the amount of oxygen carried in the body.

It is a non-invasive method for monitoring a person's oxygen saturations using a small handheld device that you place on your finger tip. **Not for continuous use.**

It is a painless procedure, the device that clips onto your finger and uses light beams in a sensor to estimate the amount of oxygen in your blood without taking a blood sample.

Before use carefully read the manual provided in the box.

Precautions for use:

1. Ensure hands are warm.
2. Remove nail varnish or false nails.
3. Keep your hands still during use.
4. Only use whilst resting.
5. Place index finger inside of the reader and rest your hand on your leg or table.

%SpO₂

97

Monitors your oxygen level and keep the device on your finger and wait 30-60 seconds until the numbers on the screen settle and is not moving or changing.

PR bpm

60

Monitors your heart rate and how fast or slow your heart is beating.

Inaccurate measurements may be caused by:

1. Low iron levels
2. Irregular heart rate (AF)
3. Poor circulation (PVD)
4. Excessive patient movement
5. Weak pulse
6. Finger not inserted correctly or deep enough

To monitor your oxygen levels place the small device on your finger and observe the %SP0₂, this should be between 88-92%, if above 92% and not normally on oxygen these levels may be satisfactory. If you have any concerns or drop in your normal oxygen saturation level then please ring the COPD team to discuss.

Further advice:

If you are prescribed oxygen observe your normal readings and contact the COPD team. If these are higher than your normal, alternatively please contact your oxygen team who will advise you of your normal readings.

If levels are below 88% on room, contact your COPD team for advice.

Contact number:

0151 430 1553, 8.30am –7.00pm 7 days a week 365 days a year

Outside of service hours

Please contact Out of Hours on 111 or alternatively please ring your GP, or in an emergency please ring 999 for help and advice.