Are there any risks with the treatment?

- Too high a flow of oxygen can be as dangerous as too little. It is important that you do not alter the flow rate.
- Turn on and off by the button on the front of the machine only.
- Oxygen is a serious fire risk. Do not use near naked flame or allow anyone in the room to smoke.

General Advice

- If you experience a sore nose use only cream that does not contain petroleum e.g. KY jelly.
- Do continue your usual routine as much as possible. You will have up to 8 hours when you can continue your usual social activities.
- It is not harmful to use for more than the 16 hours.
You have been assessed by the Chest Specialists and found to need long term oxygen therapy (LTOT).

**Where should I put the machine?**
The machine can be put in any area of a room where there is an electrical socket but not near a naked flame, such as open fires, and gas cookers.

**Who will fit the machine?**
- An engineer from Airliquide will contact you and fit the machine the following day after the order.
- He will explain how to keep the filter clean and will set the flow rate. Once set, this should not be altered unless instructed to by the hospital.
- You will be provided with up to 50ft of tubing so that you can move freely around the house, with oxygen tubing upstairs if needed.
- The engineer will leave you with a back-up oxygen cylinder and 24hour emergency number for use in the unlikely event that the machine breaks down.

**What will happen after the machine is fitted?**
- Every 6 months the engineer will contact you to arrange a visit to service the machine and check the amount of oxygen used.
- A few weeks later you will receive payment to cover the cost of the electricity that the machine has used.
- You will receive a 4 week home visit from a nurse.

**When should I use the oxygen?**
- You should use the machine for at least 16 hours every day.
- The 16 hours can be made up to fit in with your own routine and you should include during your hours of sleep.
- One way of doing it is to put the oxygen on after your evening meal (around 6pm), when you are watching T.V. and keep it on overnight, taking it off after you are washed and dressed the next day, around 10am.

**Why do I need LTOT?**
- Our bodies need oxygen in order to function properly.
- Some people with heart and lung diseases cannot get enough oxygen from the air.

**What is LTOT?**
- This is oxygen delivered by a special machine called a concentrator.
- It is an important part of your treatment and needs to be used for more than 15 hours a day to have any benefits.

**What are the benefits?**
- ✓ Increase life expectancy
- ✓ Improve quality of life
- ✓ Improve sleep quality
- ✓ Improve oxygen delivery to vital organs

**Are there any alternatives?**
There is no other system available that can deliver oxygen continually in this way.

**What is an Oxygen Concentrator?**
An oxygen concentrator is a special machine that works from your home electricity supply. Room air is drawn into the unit and passed through a filter that removes impurities.

**Are there any side effects?**
You should seek medical help if:
- You are far more tired than usual.
- You start having headaches particularly in the morning.