

# Ambulatory oxygen

To be used when you are active

## **i** Information for patients Sheffield Teaching Hospitals

My prescription:



**Cylinder on number**

.....



**Converter on number**

.....



## **What is ambulatory oxygen?**

Ambulatory oxygen is a portable oxygen treatment that can help with your breathlessness when you are moving.

It is **only** to be used when you are active, for example walking, dressing and washing. Using oxygen incorrectly can be harmful and have serious negative effects on your health.

When you move around, your body needs more oxygen. If your lungs are damaged they might not be able to meet this demand and this may be contributing to your breathlessness. Ambulatory oxygen supplies extra oxygen when you are moving and so may reduce your breathlessness.

## **How much oxygen do I need and how long should it last?**

The correct amount of oxygen will have been assessed during your appointment in the Pulmonary Function Unit. Your oxygen settings are written on the front page.

How long your oxygen lasts for depends on the flow of oxygen and the equipment you have. As you are only using your oxygen when you are moving, everyone will use their oxygen for different amounts of time.

## **How do I get oxygen and what do I do if it runs out?**

Your oxygen will be delivered to your home by your local oxygen company and they will show you where to safely store it and how to safely use it.

Please contact your oxygen company to get the cylinders re-filled or to replace a cannula or any other technical issues.

The oxygen company will contact you when it is time for the equipment to be checked or serviced.

## How will my prescription be checked?

This depends on your care provider. You may be followed up at your regular clinic visits or periodically by the Pulmonary Function Unit.

### **Ambulatory oxygen is issued on a trial basis.**

If you are not using your oxygen or using it inappropriately or in an unsafe manner then your prescription may be withdrawn.

## Useful do's and don'ts

 <b>Don't</b>	 <b>Do</b>
<b>Don't</b> smoke or use an electronic cigarette whilst using your oxygen therapy.	<b>Do</b> have working smoke alarms in your house.
<b>Don't</b> smoke immediately after using your oxygen. Wait 20 minutes after using oxygen before smoking as it clings to your skin and clothes. Leave the room.	<b>Do</b> keep your oxygen away from any heat sources.
<b>Don't</b> allow others to smoke or use an electronic cigarette in the same room as your oxygen.	<b>Do</b> contact your GP if you are a smoker and wish to stop.
<b>Don't</b> use your oxygen if you are using anything with a naked flame (cooking, fires, fireplace, etc.)	<b>Do</b> inform your insurance company. This should not affect your premiums.
<b>Don't</b> leave your nasal prongs lying around with the oxygen running as there may be a dangerous build-up of oxygen.	

## Who do I contact if I feel unwell?

If you are unwell you should contact your GP. For emergencies that do not require an ambulance, call the NHS advice line on 111.

### Please remember

Ambulatory oxygen is only to be used when you are active.

It is **not** to be used when you are sitting, even if you feel breathless or unwell.

## Who do I contact if I have any queries?

- **Pulmonary Function Unit:** 0114 271 4784
  - **Baywater Healthcare:** 0800 373 580
  - **Air Liquide:** 0808 143 9993
  - **Sheffield Home Oxygen Assessment Service:** 0114 226 9175
- Available Monday - Friday 0114 226 9207  
08:00am - 04:30pm  
(not bank holidays)



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