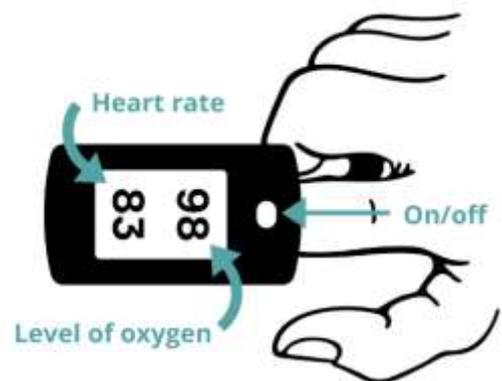


# Pulse Oximeter: How to Guide

## Pulse oximeter for heart rate and blood oxygen level:

Your doctor has given you, or your carer, this pulse oximeter because you have a confirmed or expected diagnosis of COVID-19. A pulse oximeter helps you monitor how fast your heart is beating – heart rate - and the level of oxygen in your blood. Blood oxygen level is one of the ways the doctor or nurse can keep an eye on your progress with COVID-19.

**Please record your readings and use the traffic light system at the bottom of this document to decide what you should do.**



## How to take your readings:

Use the pulse oximeter by placing it on your finger to get a reading.

**Step 1:** Remove any nail varnish or false nails and warm your hands if cold.

**Step 2:** Rest for at least 5 minutes before taking your reading.

**Step 3:** Keep your fingers in a relaxed position. Rest your hand on your chest .

**Step 4:** Insert the tip of your finger into the Pulse

Oximeter so that the fingertip is pressed against the end and the nail is covered by the device. Check that the Pulse Oximeter is turned on.

If you do not get a reading within 30 seconds, try a different finger.

**Step 5:** The reading takes time to steady. Keep the Pulse Oximeter in place for at least a minute to allow this.

**Step 6:** Take the reading after a minute. If the reading continues to go up and down and won't stabilise, just take a middle reading.

**Step 7:** Compare the reading to the traffic lights below and follow the instructions.

PLEASE TAKE THE PULSE OXIMETER READINGS TWICE A DAY AT 8 O'CLOCK IN THE MORNING AND 3 O'CLOCK IN THE AFTERNOON.

IF YOU FEEL MORE UNWELL YOU CAN TAKE EXTRA READINGS – BUT ALWAYS LOOK AT THE TRAFFIC LIGHTS AT THE BOTTOM OF THE PAGE TO CHECK WHAT YOU SHOULD DO.

If you have a smart phone or smart speaker it may be helpful to set daily reminders to help you take your readings at the recommended times.

## Sending your pulse oximeter back:

Once it is confirmed that you no longer require your pulse oximeter, please wipe it clean (do not immerse it in water but wipe clean with a damp cloth) and return the pulse oximeter to your GP practice.

### Traffic lights and what to do:

#### Call 999 for urgent assessment if you have the following readings:

- Your oxygen level (measured with the pulse oximeter) is consistently 92% and under; meaning more than once within an hour.

#### At higher risk, phone your GP or 111 for urgent medical attention if you have the following readings:

- Oxygen level (measured with the pulse oximeter) is 93-94%

#### Good readings that show you may be improving:

- Oxygen level (measured by the pulse oximeter) is 95% and above;
- Pulse range 50-90 beats per minute