

Going Home with Oxygen

As you get ready to leave the hospital, a Respiratory Therapist (RT) will refer you to a home oxygen company. This company will deliver the equipment you need.

The RT will answer any questions you may have about going home with oxygen.

You should go straight home after you leave the hospital and wait at home for the home oxygen company to deliver your equipment.

If you need an oxygen tank for the trip home, an RT will bring you one and teach you how to use it.

When the home oxygen company delivers your equipment, they will teach you and those at home how to use it. They will also be available during business hours to answer your questions.

You can still do many things while you are on oxygen. There are many types of equipment available. Your home oxygen company will help you find the right equipment to fit your lifestyle.

How much oxygen you should use:

At rest: _____



While sleeping: _____






With exercise: _____



Your home oxygen supplier:

Phone: _____

Oxygen Safety

- Learn to use the oxygen safely. Make sure you follow the instructions from your doctor and the home oxygen company.
- Oxygen itself does not burn easily, but it does make other materials burn faster and hotter.
- Do not smoke or let anyone smoke near you while you are wearing your oxygen. 
- Keep all grease, oil and petroleum products, such as petroleum jelly, away from your oxygen equipment. These things burn very easily when they are around oxygen.
- You and your oxygen equipment must stay at least 5 feet away from appliances that can make a spark. This includes cell phones, air conditioners, electric razors, toasters, hair dryers and fans. Stay at least 10 feet from gas stoves, fireplaces, candles or other open flames. 
- Oxygen tanks contain gas under high pressure. Be careful with them. 
- Tanks should never be left standing up by themselves. Whether you are at home or transporting them in a vehicle, always:
 - leave them in their cart, *or*
 - attach them to something that cannot move, *or*
 - lay them down on the floor where they cannot roll or be damaged.

Help to stop smoking

- HealthLink BC: call 8-1-1, available 24/7
- QuitNow support line: 1-877-455-2233
- BC Lung Association: 1-800-665-5864
www.bc.lung.ca
- Ask to speak to a respiratory therapist

This information provided by the Respiratory Services Department at Providence Health Care.

This material has been reviewed and approved by patients, families and staff.

