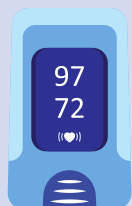


On The Go with Oxygen



If your oxygen level is 88 percent or below, oxygen therapy is often recommended to ensure your blood has enough for your body's needs.

HOW OXYGEN LEVEL IS MEASURED



Pulse oximetry



Arterial blood gas

Your oxygen level can be measured from a device on your finger or through a blood test.

OXYGEN PRESCRIPTION INCLUDES



- How much oxygen to use in liters
- When to use the oxygen, (rest, activity, sleep, altitude)
- Which oxygen system is recommended

Please note that pulsed flow settings (whether on a pulsed flow regulator atop a compressed gas tank or on a portable oxygen concentrator) are NOT liters per minute. The maximum amount of oxygen delivered by pulsed flow is typically less than 2 liters per minute (exact numbers vary and can be found in the user's manual for your regulator or portable concentrator). The higher the respiratory rate, the less oxygen is delivered with each breath.

**Your doctor prescribes the oxygen.
A durable medical equipment company provides the oxygen.**

TYPES OF OXYGEN SYSTEMS

- **Stationary concentrators**
- **Portable concentrators**
- **Compressed gas**
- **Liquid**

ON DEMAND OR PULSE FLOW

Provides oxygen when you breathe in by triggering oxygen release (not recommended for sleep or everyone)

VS

CONTINUOUS FLOW

Provides a set liter flow of oxygen