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

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

**Types of Oxygen Systems**

- Concentrators
- Portable concentrators
- Compressed gas
- Liquid

**On Demand or Pulse Flow vs Continuous Flow**

- Provides oxygen when you breath in by triggering oxygen release (not recommended for sleep or everyone)
- Provides a set liter flow of oxygen

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