

## OXYGEN AT HOME WITH AN OXYGEN CONCENTRATOR

Oxygen at home for 15 hours or more per day is supplied by an **Oxygen Concentrator**.

The treatment is called **Long Term Oxygen Therapy** – “LTOT”

### *What Happens?*

- A machine about the size of a small fridge “sieves” room air to produce almost pure oxygen.
- The oxygen is supplied by a “pipework” of flexible tubing, which is neatly fixed to skirting boards and walls etc.
- The “pipework” ends at taps, which will be situated where you choose, usually in the lounge and bedroom.

### *What Happens if the machine breaks down?*

- The machine needs an electrical supply. You will have an oxygen cylinder for use during power cuts or machine failure.

Why do I need Oxygen?

- You need oxygen because you have low blood oxygen levels
- Using extra oxygen for 15 hours or more each day has been shown to improve survival in patients with your kind of lung problem
- You **may** also find you feel less breathless and can walk further and sleep better. These are **possible** beneficial effects of the treatment, although they may not be experienced by everyone.

### *Will I be housebound?*

- **No!** You will need to use your oxygen for 15 hours or more each day. Usually, at least 8 of these hours will be while you are asleep. You must try to continue with your normal lifestyle, fitting in your oxygen treatment when you are at home. If you miss a few hours one day, try to make it up on the next. Try to average around 100 hours each week. Don't be ruled by the machine.

### **Can I go on holiday?**

\*Yes! The machine can go with you in the UK. Unplug the machine and wheel it to your car to plug in at your destination. If you prefer, you can hire a machine for about £ 30 a week – it will be installed at your destination on arrival. Telephone your contact number for the Oxygen Company to discuss this.

### *How do I look after the machine?*

- The concentrator will be serviced every 3-6 months. It will be checked, and the meter “read” to see how many hours of oxygen are used. You will then be reimbursed for the amount of electricity used, for your next electricity bill.
- The machine has 2 air filters, one of which needs washing weekly, and the other needs changing monthly. The engineer and your respiratory nurse will help you with these.

**PLEASE DO NOT CHANGE THE FLOW RATE UNLESS INSTRUCTED BY  
YOUR DOCTOR**  
**DO NOT SMOKE WHEN USING OXYGEN**

- If you have any general queries about this treatment, please ring the nurse on: 0113 292 2306
- For any problems with the machine, you should ring the company on: 0800 373580
- If you are poorly and have any questions or concerns about your condition or treatment, you should contact your GP.

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