**PULSE OXIMETER PATIENT LEAFLET**

Before releasing the device to you, the practice confirms that it is in good working order and has been cleaned according to our Infection Control policies.

This device has been released to you as part of the services to our patients during the Covid-19 pandemic.

**What is a pulse oximeter?**

It is a device that measures heart rate and oxygen levels in the blood. Pulse oximeters operate by shining light through the skin to the blood vessels below.

**How to use the oximeter:**

* Turn on the pulse oximeter by firmly pressing the power button
* The screen should light up almost instantly
* Remove nail polish, especially a dark colour; ensure that you have warm hands before placing the sensor on the finger
* Place the sensor, the part that opens and closes like a clothes peg, on any finger, with the sensor screen above the fingernail.

(Don't use the thumb because readings are less reliable than finger readings).

* Sit up placing hand on knee or table
* Wait quietly while the pulse oximeter acquires a signal. This will be when a good wave form shows on the bottom of the sensor (this may take 10 seconds or more).
* Keep still as movement can cause an error message
* Leave the sensor in place for 2-3 minutes
* Look at the display to see the heart rate with the symbol “PR bpm” and the percent of oxygen saturation is typically indicated by the symbol “%SpO2.”
* Write down the %SpO2 and the PR bpm readings as these are what the Doctor or Nurse will need to assess you
* It is important that you check you have these recorded correctly, the example below shows 97%SpO2 and 62 PR bpm



* Remove the sensor and press the power button to turn off the device

Useful instruction videos:

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| English | <https://www.youtube.com/watch?v=nx27Ck7xOgo>  |
| Hindi | <https://www.youtube.com/watch?v=e1ipiJY-zwk>  |
| Punjabi | <https://www.youtube.com/watch?v=wU5V6wVEHoM>  |
| Urdu | <https://www.youtube.com/watch?v=rkGRRLlumW4>  |
| Polish | <https://www.youtube.com/watch?v=Lkd-BNeMvLs>  |

**Readings:**

* The device will show you two numbers. The top is the oxygen saturation level and the bottom number is your pulse reading.
* Please make a note of both readings each time you use the device.
* It is important that you use the device based on the frequency and duration specified by the Clinician.

It is your responsibility to provide the readings to us using the ‘General Enquiries/Update your Details’ tile on Klinik Access via our website [www.roxbournemc.com](http://www.roxbournemc.com). You may find it easier to provide multiple readings in one go.

**Returning the device:**

* It is your responsibility to return the device to the practice within 5 days unless the Clinician has advised differently.
* Please return the device during our normal opening hours and hand it in to reception.
* The device will be checked by the Reception team upon return

**Damage, theft, loss, misuse or failure to return after allocated days:**

This device has been provided to you in good faith and we would appreciate you using this device as instructed by the Clinician. The device must not be used by anyone other than the intended patient, for the monitoring of their oxygen saturation levels.

Should there be any damage, theft, loss or failure to return the device after the allocated period, the practice reserves the right to claim £50 in compensation from you.

The practice reserves the right to request the return of the device earlier than the agreed loan period. Should this be the case, a member of our team will contact you.