

Information for patients and carers

My Home Oxygen Prescription Home Oxygen Service



My home oxygen is for:

Please complete this with your home oxygen specialist

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Long Term Oxygen Therapy (LTOT)

Helps improve persistently low resting blood oxygen levels which place a strain on your heart. It is not a treatment for breathlessness.

To use for a minimum of 16 hours per day.

Flow rate:

Equipment:

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Ambulatory Oxygen Therapy

Helps you be more active if your oxygen levels are low when exercising.

Flow rate:

Equipment:

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Short Burst Oxygen Therapy to treat Cluster Headaches

To be used between 10-15L/min for 10 -20 minutes to treat cluster headaches.

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Palliative Oxygen

Used to manage symptoms caused by low oxygen levels towards end of life

When to use:

Flow Rate:

☐

Other

Home oxygen service, what do we do?

The home oxygen service at Lancashire Teaching Hospitals are commissioned to assess and review everyone with home oxygen in the greater Preston, South Ribble and Chorley areas.

We provide:

- Annual home safety reviews for all prescribed home oxygen
- Clinic appointments to assess oxygen levels in the blood (this needs to be completed at least annually for those with LTOT)
- Clinic appointments to assess oxygen levels when walking

Clinic appointments

- These appointments may last over an hour if repeat blood samples or repeat walk tests are required
- If you are due to attend clinic but have required antibiotics or steroids for a breathing issue in the last 4 weeks, please inform your clinician prior to your appointment
- If you have been referred for “Ambulatory Oxygen Therapy” we require you to complete a 6-minute walking test. If you have mobility aids, please bring these with you, and suitable footwear
- Please contact our administration team if your appointment is not convenient for you

Home oxygen equipment

Baywater Healthcare are commissioned to provide oxygen equipment in the northwest of England. Your home oxygen specialist will order appropriate equipment to meet your needs. A Baywater engineer will then contact you to deliver this equipment (please ensure someone is available to accept delivery). The Baywater engineer will be able to give you advice regarding the equipment provided but any clinical questions should be directed to your home oxygen specialist. On delivery of the

equipment the technician will provide training on how to set up the equipment, advice on safe storage and explain all of the safety procedures. It is then the **responsibility of the person receiving the oxygen to cascade this information** to the relevant members of the family or care providers.

Keeping you and your oxygen safe:

Fire risks

- **NEVER** smoke or let others smoke near you whilst you are using your oxygen (including electronic cigarettes)
- **NEVER** use your oxygen equipment near open fires or naked flames
- **NEVER** smoke in bed
- **NEVER** cook whilst using your oxygen
- **NEVER** use any electrical appliances such as electric razors, e-cigarette charges and hairdryers whilst using your oxygen
- **AVOID** using barrier medications/creams that contain petroleum, oil or paraffin. Ask your pharmacist or care provider to recommend suitable non-flammable alternatives
- We recommend each floor of your home has a working smoke alarm fitted. These should be tested weekly

Due to the significant risk of fire from smoking in close proximity to oxygen we are unable to prescribe home oxygen to current smokers. If you are a current smoker or struggling with nicotine cravings, we will offer support to help you quit.

When storing your oxygen equipment

- **ALWAYS** follow the advice of the technician delivering your oxygen equipment as to the safest place to store and use your oxygen
- **ALWAYS** ensure your oxygen equipment is stored in a well-ventilated area and is kept clean and dry
- **NEVER** store your oxygen equipment near paint, oils, grease, domestic heating gases, petrol or any other flammable liquids
- **NEVER** store your oxygen equipment near curtains or cover it with coats or anything that will restrict the air circulation

When using your oxygen equipment

- **AVOID** use oil or petroleum-based creams on your nose or face when using your oxygen
- **NEVER** use aerosol sprays i.e. deodorants or hairspray when using our oxygen
- **NEVER** carry or use your ambulatory oxygen under clothing
- **NEVER** smoke or allow anyone else to smoke when you are using your oxygen equipment
- **TURN OFF** your oxygen equipment when you are not using it

When cleaning your oxygen equipment

- If you have a Concentrator machine the filter must be cleaned once a week
- **ONLY** use a damp cloth to clean your medical equipment
- After wiping your equipment down **ALWAYS** allow it to dry prior to use
- Your nasal cannula or face mask should be changed on average once per month

Carbon dioxide retention, what is it?

Carbon dioxide is the 'waste' gas that we normally breathe out. Carbon dioxide retention is a process whereby too little carbon dioxide is removed from our blood when we breathe out. This means it can build up in the blood and result in some serious effects on our body. It can particularly affect those people using oxygen. It is therefore important that you only use the flow rate of oxygen that has been recommended.

Signs and symptoms of carbon dioxide retention

Drowsiness	Headache (especially in the morning)
Flushed face	Sweaty/shaky palms
Tremor	Dizziness
Confusion	Rapid breathing and heart rate
Seizures and unconsciousness	

What do I do if I get these symptoms?

If you experience any of these signs or symptoms (especially if you are new to oxygen or have had your prescription changed recently) please **contact us on 01772 522876 or 01257 245757** to discuss as a matter of **urgency**. Alternatively, if concerned please contact your GP or A&E department.

I think I need more oxygen

Home oxygen is used in treating chronic (long term) conditions. When you are assessed, we will make sure you have the correct flow rate of oxygen to meet your needs. If your oxygen levels are lower than usual or you feel your symptoms are changing it is important that you do not increase your oxygen without being assessed as it is important to establish the cause of any acute (new) changes in your symptoms or oxygen level.

Contact details

Should you require further advice or information please contact:

Home Oxygen Service

Greater Preston: **01772 522876**

Chorley and South Ribble: **01257 245757**

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Baywater Healthcare

Contact Baywater if you have any issues with your oxygen equipment or if you need your cylinder refilling.

Website: www.baywater.co.uk

Telephone: **0800 373 580**

Asthma and Lung UK

Excellent resources to understand more about Chronic Lung Conditions, Home Oxygen and Living with a Lung Condition.

Website: www.blf.org.uk

Telephone: **03000 030 555**

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638** or email <https://www.smokefreelancashire.org.uk/>

Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:
patientexperienceandinvolve@LTHTR.nhs.uk

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