



Main Line Health®
HomeCare & Hospice

Oxygen Therapy

Do

- Display an “Oxygen in use” sign at the main entrance to your home.
- Clean your oxygen equipment as instructed.
- Change tubing and humidifier as directed.
- Set flow rate for only the number of liters ordered by the doctor.
- Arrange equipment to avoid tripping, especially at night.
- Use saline nasal spray for dryness.
- Make sure there are working smoke detectors and smoke alarms in your home.
- Have a fire evacuation plan.
- Notify your local fire department and power company that you have oxygen in your home.
- Oxygen can be drying to the nose and lips. You may apply a water soluble lubricant, like K-Y Jelly®.
- Keep the power company’s phone number within easy reach.
- Always be aware of the amount of oxygen left in your tank.
- Oxygen tanks should be stored upright in an oxygen holder. When no holder is available, oxygen tanks must be placed on their side.

Do Not

- Do not change the oxygen flow rate without a doctor’s order.
- Do not smoke while using oxygen.
- Do not smoke or charge Electronic Cigarettes (e-cigarettes) within 10 feet of the oxygen source.
- Do not permit smoking in the room with oxygen.
- Do not place oxygen within 10 feet of heat (open flame, candle, gas stove, gas dryer, pilot light, wood burning stove, or direct sunlight).
- Do not place oxygen supply within 10 feet of an electrical appliance or equipment.
- Do not spray aerosol (such as air freshener, hair spray or cleaning products) near oxygen.
- Do not apply petroleum-based jelly like Vaseline® to your nose and lips. Petroleum-based jelly can serve as a fuel if ignited.
- Do not prop or lean oxygen tanks up against the wall.



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What are the signs that I am not getting enough oxygen?

- **Restlessness**
- **Agitation**
- **Confusion**
- **Shortness of Breath**
- **Blue fingernails**
- **Blue area around lips and mouth**
- **Increased forgetfulness**
- **Increased sleepiness**
- **Increased yawning**

Name of Oxygen Company _____

Phone number of Oxygen Company _____