

## Ambulatory Oxygen Therapy (AOT)

Solihull Community Oxygen Service

Tel: **0121 424 4766**

Monday–Friday, 08:00–17:00

### How did we do? 😊 😐 😞

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**Thank you.**

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### Solihull Community Respiratory Service

Lode Lane

Solihull

B91 2JL

Telephone: **0121 424 4766**

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**University Hospitals Birmingham**

NHS Foundation Trust



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## Oxygen (O<sub>2</sub>)

This leaflet has been produced to provide Information to you in regards to the oxygen you have been prescribed by the Solihull Community Respiratory Team.

You have been prescribed oxygen to improve your quality of life. The oxygen has been prescribed for you to use outside of the home to enable you to remain active and well. You can also use it to exercise.

## Prescription

Oxygen is a drug and must only be used as prescribed by your healthcare professional.

| Hours  |
|--------|
|        |
| Dosage |
|        |
| L/min  |
|        |

Ambulatory Oxygen Therapy (AOT) is prescribed to patients where oxygen levels on air drop below a certain level when moving. The dosage you are prescribed will keep your oxygen levels at a more acceptable level. This should make you feel less breathless.

We are able to monitor your usage through the Baywater who provide you with the equipment. Baywater will deliver your oxygen cylinders .Please contact Baywater to place another order when running low on cylinders on **0800 373 580**.

## Dosage

AOT is normally prescribed for around 2–5 hours daily but some patients may have it prescribed for longer periods. If you are more mobile and exceed these hours then please notify the team to review your prescription and make any necessary adjustments.

## Appointments

Once you are prescribed oxygen you will receive a 4 week safety visit to ensure correct usage and storage. You will then be assessed in clinic every 6 months to ensure your oxygen prescription continues to meet your needs and you have the right equipment for you.

**If you do not attend oxygen appointments your oxygen may be removed.**

## Servicing

Equipment will be checked on each delivery.

Please contact Baywater if you have any problems with your equipment on **0800 373 580**.

## Do

- Use as prescribed
- Use on movement outside the home and on exercise
- Switch off when not in use
- Leave 20 min after switching off before using any gas appliance or naked flame
- Check battery level (if applicable) or cylinder level before going out to make sure you have enough for your planned activity
- Store safely as advised by the Baywater technician and health care professional
- When travelling store cylinder lying down and try and secure it if possible

## Do not

- Increase the cylinder above your prescription
- Smoke while using Oxygen
- Operate gas cooker or any device which has a naked flame
- Leave oxygen running when not in use
- Use when seated